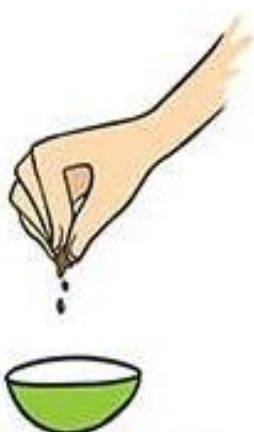


Issue #26
October
2026



Monthly Newsletter

EDITOR:
Dee



A PINCH OF SALTER

What did the
ghost teacher say
to her class?



"Watch the board
and I'll go through
it again..."



Welcome to our October edition of the monthly newsletter where we take a look at all the fun stuff we got up to during the previous month and keep you informed with what's happening within the facility.

We are heading into our busiest part of the year where it feels like every week we find an excuse to have a party!

If you have any news or announcements (such as anniversaries, photos or other special occasions) you would like to include in A Pinch of Salter please contact one of our Lifestyle team members.

October special events:

- Concerts
- Oktoberfest Celebrations
- End of Footy Season Party
- Food Focus Meeting
- Ballet 4 Wellbeing Session
- Halloween Celebrations



Dear Residents and Families,

Happy October! We are all gradually getting used to the changing weather conditions, with more sunny days ahead. Please remember to stay hydrated and take care of your health and wellbeing.

As always, I would like to keep you informed about current and upcoming developments at your lovely home. Please see the latest updates below:

1. Incidents

Our falls and infection rates remain higher than we would like. I kindly remind all residents to seek staff assistance when needed and to consistently use their mobility aids. Families are also encouraged to gently remind and support their loved ones in following these safety measures. Together, we can help reduce the risk of injuries and illness.

2. Quality and Compliance

I am pleased to welcome Ida Yasmine Gesmundo who commenced as our new Quality and Compliance Officer in September. She will be working across both sites.

Her role is broad and includes assessing the organisation's compliance with the Aged Care Quality Standards, reviewing staff practices, and identifying opportunities for improvement. Through this work, we aim to further enhance the quality of care and services provided to our residents.

3. Aged Care Onsite Pharmacist (ACOP)

I am also pleased to welcome Aqib Khalil as our new Aged Care Onsite Pharmacist (ACOP), who commenced on 7 October 2026. He will be available on-site from Wednesday to Friday, 9:00 am to 5:00 pm.

As part of his role, Aqib will conduct medication reviews in consultation with residents and their families, work closely with GPs and the nursing team, and help reduce the burden of unnecessary medications where appropriate and with resident and family consent. His involvement will support improved health outcomes and medication management for our residents.

4. Quality Advisory Committee

I am also delighted that two family members have already expressed interest in joining our Quality Advisory Committee, with the first meeting scheduled for November. Date will be advised.

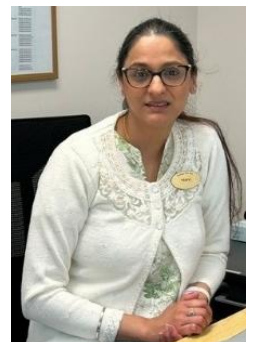
I would like to sincerely thank these family members for their willingness to participate. The purpose of this committee is to discuss ongoing improvements at SP and provide valuable feedback to help us continue delivering high-quality care and services. Thank you for your continued support and partnership. We look forward to working together to make SP a safe, welcoming, and enjoyable home for all our residents.

5. HELF Services

There will be changes to our current Additional Services arrangements. As part of the transition to Higher Everyday Living Fee (HELF) framework, the existing Additional Services program will cease. A range of optional services will instead be available through the HELF framework. I encourage the residents and families to reach out with any further queries regarding these HELF services.

6. Food Service Support Specialist (FSSS)

We continue to receive mixed feedback from residents regarding the food service and quality of meals at SP. After reviewing this feedback, we are in the process to involve a **Food Service Support Specialist (FSSS)** to provide additional oversight and support. The role of the FSSS will include monitoring meal regeneration processes, service delivery, stock control, and compliance with food service standards within the facility. The aim of this involvement is to ensure that meals are prepared correctly, maintained at the appropriate temperature, and served in a timely and consistent manner. The FSSS will also provide ongoing coaching and support to both kitchen and care staff to improve consistency, strengthen service delivery, and enhance overall resident dining experiences and outcomes. We are hopeful that this initiative will lead to improved food quality, greater resident satisfaction, and better compliance with food service standards.



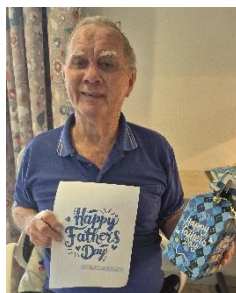
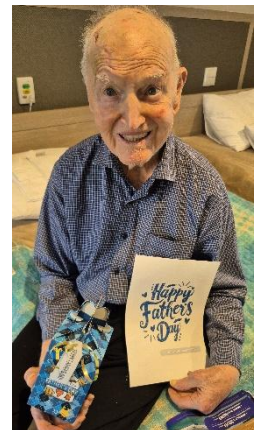
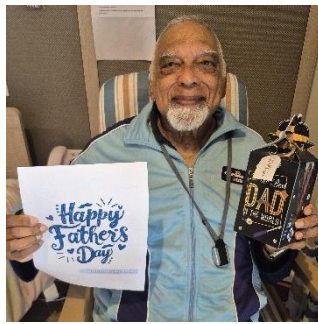
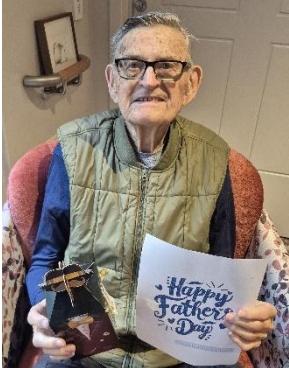
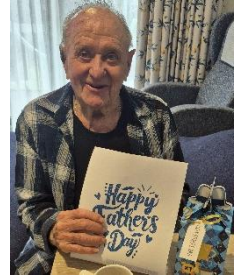
Kind regards,
Navdeep Kaur (Nav)
Facility Manager of Aged Care



*Father's Day
Celebration*



We celebrated with all our fathers on Friday the 4th of September with a lunch gathering and some cold beverages being enjoyed. Our male residents were also thrilled to receive their Father's Day gift on Sunday 6th of September! Lifestyle team member, Vance had a great time distributing our little boxes of joy and took plenty of photos!





Paul Robinson is a popular choice amongst our residents when it comes to entertainment, and he filled the room to capacity on Wednesday the 9th of September.



**Ask
R U OK?
ANY DAY**

Thursday the 10th of September was R U OK? Day, when we check in on our mates, provide information if anyone needs some support and wear something yellow to signify the day. We also spoke about the importance of making every day R U OK? Day so that we don't forget to check in with our work buddies, friends and our residents regularly.



**Q. WHAT DO YOU CALL
TWO WITCHES LIVING
TOGETHER?**

A. BROOMMATES.



**Why don't witches
like winter?**

**Too many cold
spells.**





A group of our residents attended our summer menu sensory tasting session on Tuesday 22nd of September. Twice a year we get invited to sample some of the choices that may be on offer during our next menu cycle. This opportunity allows our residents to give direct feedback to our supplier who was in attendance to present each dish. Residents were given a feedback form where they gave a 1-5 rating for each dish. The feedback results were collated and presented in a form (below)



FRESH FIELDS NEW RECIPE SENSORY EVALUATION DATA

Attendees:
16

Home: Salter Point

22/09/2026

MEAL ITEM	APPEARANCE	SMELL	FLAVOUR	TEXTURE	OVERALL RATING	COMMENTS
Mexican Bean Soup	4.3	4.3	4.4	4.3	4.3	Tasty, different. Flavourful. Tasty. Very tasty - spiced well, balanced. Yummy. Very good texture. Great. Nice flavour, good smell.
Vegemite Scroll	3.4	3.4	3.5	3.5	3.4	Too hard. Nice. A little greasy. Too dry.
Vegemite Cake	3.9	3.8	3.8	4.2	4	Didn't like this.. Very pleasant! Tastes nice. Nice. No flavour but quite tasty. Just like cake. Beautiful. Nice texture - subtle flavour.
Vegemite Caramel Custard						No reviews
Chicken Cacciatore	4.3	4.1	4.5	4.1	4.3	Smelled & looked inviting. Tasty. Pleasant flavour, well balanced - meat cooked well. Nice taste. Great. Mash potato doesn't taste like potato, green beans delicious. Chicken a little dry but very tasty. Too many beans. Delicious.
Cheese Arancini	4.3	3.8	4.1	4	4.1	didn't enjoy this. Very nice with the tomato sauce. PLEASE serve with this sauce. Tasty. Niceley made. Sauce was too sweet for me. Nice & Tasty. Love. Too much spicy food! Spicy. Nice flavour.
Mini Quiche	3.9	3.7	3.7	3.7	3.8	Could do with a bit more meat in it. Disappointing. Pastry thick needs to be crisper + filling not smooth - tasteless. Could be baked more. Would like short pastry. Lovely. Tasty & good texture.
Biscoff Pudding						No reviews
Tiramisu	4.6	4.2	4.4	4.5	4.4	Looks very nice - texture nice aswell. Very nice. Delightful. Very nicely made. YUM. Great. Needs more liquor. Very nice. Nice texture - tastes good!

SCORE RATING:



5 - Excellent



4 - Very good



3 - Good



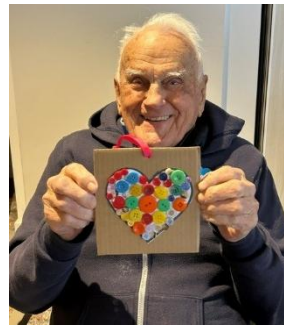
2 - Average



1 - Poor



Some simple but very effective craft sessions were held during September with our first session using up some old buttons that we had acquired, turning them in to beautiful love hearts and the next session putting our stockpile of flowers and jewels to good use, producing gorgeous dresses on our lady cutouts. Our residents were chuffed with their finished projects!





Wednesday, 30 September 2026

Dear Residents and Families

Optimal Medication Solutions is please to provide an Aged Care Onsite Pharmacist (ACOP) to Joseph Banks and Salter Point Aged Care. Aqib Khalil is a qualified pharmacist who has done extra training to prepare for the role. Aqib will commence in the role in October 2026.

The ACOP Measure is funded by the Federal Government. This measure aims to:

- + improve medication use and safety in residential aged care homes, including safe and appropriate use of high-risk medications.
- + provide continuity in medication management, such as day-to-day reviews of medications and prompt issue resolution.
- + provide easy access to pharmacist advice for residents and staff.
- + integrate on-site pharmacists with the healthcare team, including local general practitioners, nurses and community pharmacies.
- + increase understanding of individual resident needs.

[Aged care on-site pharmacist | Australian Government Department of Health and Aged Care](#)

We trust that Aqib, will become a valued part of the Retirees WA healthcare team. If you have any questions about your medication, please let the nurses know- they will forward your message to Aqib.

Kind regards

Jennifer Saxby

Jennifer Saxby

Pharmacist and Business Development Manager

ABN 95 088 052 484 ☎ 08 9333 0111 📍 101 Norma Rd, Myaree WA 6154



Glen Howell got us up on the dance floor with his guitar playing rock'n'roll on Wednesday the 16th of September.



Our Allied Health Assistant Del facilitates a weekly Hand Therapy Group which is by Invitation Only. The group is designed to help keep hands working well and support independence with everyday activities.

This group focuses on:

- ✓ Fine motor skills (using fingers and hands for small tasks)
- ✓ Coordination (helping your fingers and hands work together)
- ✓ Maintaining mobility & dexterity (keeping movement and control in your hands)

As you can see from the photos below it also involves having fun!

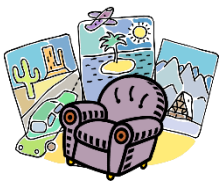




Loveheartz Dance Group



Residents welcomed the return of the Loveheartz Dance Group on Wednesday morning the 23rd of September. Their beautiful costumes and cultural dancing are mesmerising; they are passionate about sharing their culture with others which transfers to everyone enjoying the experience.



This month Lis took us to Mexico during our Armchair Travel session to celebrate Mexican Independence

Day. As most of you know Lis has Mexican heritage through her Mum and a highlight for our residents was testing out the virgin margaritas to finish off a wonderful afternoon!





Happy 5th Birthday Charlie!

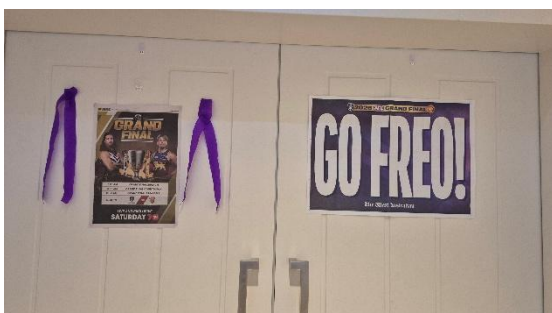


Charlie had quite a celebration for his 5th birthday on the 24th of September although he didn't seem impressed with his party hat (why does mum make me wear stupid stuff)! We told stories and reminisced about dogs we'd owned or had as children and shared their unusual names. Charlie has been a part of our therapy team since he was 10 weeks old, is spoilt rotten and very well loved!



AFL Grand Final Day

Some of our residents decided to band together to cheer on the Dockers for the AFL grand final and of course due to the time difference they also enjoyed their lunch in our multipurpose room. Unfortunately they didn't cheer loud enough and we couldn't quite get the Dockers over the line, oh well, there's always next year!





Higher Everyday Living Fee

The Higher Everyday Living Fee replaces Extra Service Fees and Additional Service Fees.

The Higher Everyday Living Fee

The Higher Everyday Living Fee (HELF) is an optional fee for people who choose to receive a higher standard of everyday living services in permanent or respite residential aged care. The HELF can be charged for services that are of a higher standard, or in addition, to what is required to be provided under the Aged Care Rules 2024 and the Residential Care Service List.

Providers must ensure services required under the Residential Care Service List are delivered in line with the Aged Care Quality Standards. While HELF services can enhance standard offerings, they cannot be counted toward meeting these standards.

The HELF cannot be charged for accommodation costs, which are included in accommodation pricing.

The provider can determine the cost of HELF services. They do not have to seek approval from the government or the Independent Health and Aged Care Pricing Authority (IHACPA).

Consumer protections

The HELF provides important new consumer protections.

Providers must demonstrate that the services offered as part of the HELF are not those they are already obligated to provide.

HELF services cannot be agreed before a person has entered care or be a condition of entry. A HELF agreement must be separate from the service agreement and accommodation agreement.

A HELF agreement must outline the cost of each higher service to be delivered, the standards and frequency at which they will be delivered, and how they will be charged.

People should not be asked to pay for a service that they cannot use. This does not prevent a bundle from including a service a person cannot use, but they must not be financially worse off than if they paid only for the services they can use.

There is a 28-day cooling off period after signing a HELF agreement. This means someone can cancel or vary their higher everyday living services within this period without a cancellation fee. The provider needs to be notified of this, but there is no minimum notice period.



After the initial 28-day cooling off period:

- if the person chooses not to use the service, or is no longer able to use the service, it can be cancelled with 28 days' notice.
- if the person initiates cancellation, the provider can pass on expenses incurred beyond the 28-day period if they are unavoidable (for example, subscription fees) for up to 90 days. Providers must be able to demonstrate this and cannot pass on an amount greater than they have incurred.
- if the provider can no longer deliver the service, it must be cancelled immediately.

The provider must acknowledge receipt of the individual's request to vary or cancel a service, including the date of effect.

The HELF agreement must be reviewed at least once a year to ensure the person still wants the services.

Once the charges for HELF services have been agreed they can only be increased by indexation once a year.

An individual may agree to pay a HELF regardless of the room they are in. Protections that restrict when an individual may be asked to move rooms remain in place.

Protections for residents in care prior to 1 November 2025

The Government has amended the Aged Care Rules 2024 to protect individuals who were receiving higher standard services free of charge before 1 November 2025. These individuals must not be charged a HELF for any additional services they were receiving free of charge prior to 1 November 2025.

The service must continue to be provided free of charge for as long as the service (or a substantially similar service) is offered to other individuals within the home.

This rule change will commence on 1 November 2026.

Replacing Extra Service Fees and Additional Services Fees

No new Extra Service Fee or Additional Service Fee arrangements can be entered from 1 November 2025 onwards.

Existing Extra Service Fee and Additional Service Fee arrangements can continue until 31 October 2026 for people who agreed to these fees prior to 1 November 2025. Providers can increase fees in line with existing contracts. This will not require approval by IHACPA. Providers should not unreasonably refuse a resident's request to exit an extra or additional service fee arrangement. Providers should also have a conversation with each extra and additional service fee resident prior to 1 November 2026.

More information about the higher everyday living fee and the changes to additional and extra services can be found at health.gov.au/our-work/residential-aged-care/charging/higher-everyday-living-additional-and-extra-service-fees.



September Birthday Celebrations



HOW TO FIND OUT
IF YOU'RE OLD,
FALL DOWN...

- IF PEOPLE LAUGH,
YOU'RE YOUNG
- IF PEOPLE PANIC,
YOU'RE OLD!



Happy birthday!
At least you're
not as old as you'll
be next year.



We managed to squeeze in a little birthday celebration with Bec (below left) before she jetted off to spend her September 24th birthday in Europe! (below right). I can feel a European Armchair Travel session coming on! We are all very happy to have you back Bec!





Around our home





SALTER POINT SALON PRICE LIST

HAIR CUTS \$40

BLOWDRY OR SET \$50

TINT \$140

FOILS ½ HEAD \$120

FULL HEAD \$150

PERMS \$150

***ALL COLOURS & PERMS INCLUDE A FREE BLOWDRY/SET**

*** A fee of 10% will be added to prices for GST**

**All payments to be paid in full on the day of the appointment, if possible, by the resident.
This can be settled via cash or card.**

**If a family member is handling the payment, my BSB & ACC details are provided below
to make it easy for payment to be settled within the week.**

**My phone number and email are also provided for residents and family members to
easily contact me for appointments and queries.**

Renae (HairStylz by Renae)

BSB – 062 692

ACC – 7072 4422

REF – (resident's name)

Email - renaegorddard@hotmail.com

Phone – 0416 341 809

Beautician



**Reminder! Our onsite beautician, Summer, is available for
resident appointments. Price lists are available on notice
boards in all wings or on the Hair Salon door.**

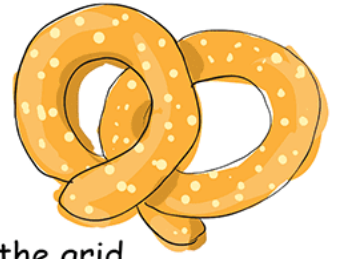
**If you are interested in any of
her services please contact her
directly on 0422937603 or see
a Lifestyle team member.**





Oktoberfest

Word Search



DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



ACCORDION
AUTUMN
BAVARIA
BEER
BIERGARTEN
BRASS BAND
BRATWURST
CAROUSEL

COSTUME
DANCING
DIRNDL
DUMPLINGS
GERMANY
KEG
LEDERHOSEN
MUNICH

OKTOBERFEST
POLKA
PRETZELS
RADISH
SAUERKRAUT
SINGING
TANKER
TENT

