



# BONEHAM BANTER



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What a busy start to the year it has been. Christmas seems like it was only yesterday, yet Easter is just around the corner.

Boneham Aged Care Services is delighted to announce that Jo McGregor has been appointed our new Director of Care. Jo comes to us with a wealth of experience in aged care and together we look forward to a long and happy association.

The Royal Commission into Aged Care Quality and Safety has commenced with the interim report to the Federal Government due by October 31st 2019 and the final report by April 30th 2020.



We share the dismay felt by the community when older Australians and their families are hurt by poor or neglected care. We believe that all older Australians should be able to expect high quality care and strive to provide it each and every day.

### WE'D LIKE TO HEAR FROM YOU.

I want to emphasise the importance of feedback. We will respond to any issues that arise and aim to review and correct them in a timely manner. I encourage you to speak to the senior staff or myself with any issues or concerns you may have.

*Jenny Norman* General Manager

Autumn in Australia begins on March 1 and means the days begin to shorten as it cools towards winter. In the southern hemisphere, March 20 or 21 is the vernal equinox and should be the **de facto** start of autumn however the Australian seasons have been simplified by starting each season on the first day of each season's starting month. Whatever the rationale behind how the seasons begin and end in Australia, the Australian autumn is the months of March, April and May.



Daylight Saving Time Ends

Daylight saving time ends on the first Sunday in April in the ACT, NSW, South Australia, Tasmania, and Victoria. The Northern Territory and the state of Queensland and Western Australia do not observe daylight saving time. So remember to turn those clocks back!!

### WELCOME

A warm welcome to Sheila Millie, Kath Wildman, and Adrienna Cozzi who have joined us in the past few months at the facility and to Dorothy Kristensen in the cottages. Also welcome to new staff Jo McGregor, Alli Lindner, Lisa Pratt, Deanna Kohnke, Linda Watson, Holly Tyers, Jeanette White, Kerry Hanrahan, Chloe Golding, Cameron Beal & Fran Ashby. We hope your time with us will be both enjoyable and satisfying.

### Quotes

Friends are people who know you really well and like you anyway. *Greg Tamblyn*

There cannot be a crisis next week. My schedule is already full. *Henry Kissinger*

The best way to appreciate your job is to imagine yourself without one. *Oscar Wilde*

The quickest way for a parent to get a child's attention is to sit down and look comfortable. *Lane Olinghouse*



### OUR MISSION

Delivering excellence in aged care services that meet or exceed the needs and expectations of our residents and clients



**Care Corner**

As Boneham's new Director of Care this is my first submission to 'Boneham Banter' and I would like to introduce myself. I am a registered nurse and have worked in aged care for thirty years and as a paramedic with S.A. Ambulance for five years. I am passionate about quality care for older people. I have particular interests in supporting people living with dementia, delivering quality palliative care and ensuring that families are supported as well. Boneham is a quality organisation with wonderful staff and resources and I am very pleased to have joined the team.

Residents who wish to have a chat or share any ideas or concerns are asked to let me know. I will look forward to meeting you and your family members over time and will be proactive in addressing any issues you may have.

Recently we have been advised that aged care facilities in Mount Gambier have experienced outbreaks of gastroenteritis (gastro) and this is a timely reminder that we should all be aware of taking steps to prevent the spread of this disease.

Good handwashing practices are the best form of prevention. Always remember to wash your hands thoroughly with soap & water after using the toilet, before eating & before preparing food. If soap & water is not available you may use sanitising hand gel as an alternative.

If your family and friends are unwell with illnesses such as gastro or have coughs or colds it is strongly recommended that they avoid visiting until they are well.

Influenza vaccinations will become available in the next few weeks. Nursing staff will let you know when your doctor will be visiting to give your vaccination

**Jo McGregor** Director of Care

*Don't forget Exercises on Mondays, Wednesdays and Fridays at 9.30am*

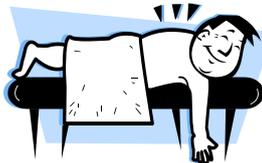
*for Cottage and Facility Residents*

*Also Tai Chi on Thursday mornings at 9.30 with Sandra Ray*

*All Welcome*



Well the cooler weather is just around the corner so they tell **allied health** me. So remember to keep active and strong even when the cold mornings are against you. Massages, hot packs, warm showers are all a great way to start the day so sing out to our department if you need any assistance, particularly with the massages and hot packs. Also just to keep you in the loop, we have physiotherapist Nicole on duty on Tuesdays and Sandra for massages on Thursdays.



Regards **Michael Filsell** Allied Health Manager



**Did you know:**

- The "hashtag" key on your keyboard (#) is called an octotroph?
- Cats sleep for 70% of their lives?
- Sean Connery wore a toupee in all his James Bond movies?

Pears are in season at the moment, so here's a recipe to take advantage of them while they are at their best:

**Caramel Pears**

- |                   |  |
|-------------------|--|
| ½ cup brown sugar | 4 pears, under-ripe, peeled, cored & quartered |
| ½ cup water       | 1 vanilla bean                                 |
| 150ml cream       |  |

Place brown sugar, water & vanilla bean in a large saucepan and bring to the boil, stirring until sugar dissolves. Place pear quarters in saucepan, cover and simmer until pears are soft, turning occasionally.

The sugar syrup will start to reduce and form a thin glaze over the pears. Remove pears to a serving dish.

Add cream to saucepan, stirring until well mixed. Bring to boil and simmer until mixture thickens slightly. Remove vanilla bean and pour sauce over pears. Serve and enjoy.

**Kitchen Capers**



**From Heather and the team in the kitchen**

## What's New from the Leisure and Lifestyle Team

Hi to All,

I hope everyone has got over their Xmas celebrations and getting those extra pounds off from eating too much Christmas Pudding!

We have had a busy start to the year already, celebrating Australia Day & this month St Patrick's Day. Joan & Chick will be in to play for us on the 18<sup>th</sup> of March so get your green outfit out of the cupboard ready.

A big thank you to our volunteers who have returned in 2019 to help our Life-style programme be brighter and bigger.

The children from North Kindy are again popping in for a weekly visit. The gift shop will be held on Wednesday 13<sup>th</sup> March & also Happy Hour, with the Casterton Bush Band playing before for us. We will be holding an Anzac day Service in the Diva Room at 10:30am on the 25<sup>th</sup> April. Please feel welcome to join us.

I hope you are all enjoying looking at our Boneham Facebook page. This is a closed group and only families, staff & volunteers see the photos. We also have skype if anyone is interested in skyping their family members. Modern technology is a wonderful thing.

JD Fashions is setting up a shop in the Diva Room on 23<sup>rd</sup> of May and hopefully we are going to have a fashion parade with the clothing.

I will be on annual leave for 5 weeks from the middle of April to the middle of May. Mandy & Rick will be holding the fort while I am away.

So have a great Easter & I hope Easter Bunny hops your way.

Take care,

**Love Deb & the team**

### Volunteers

are always needed to assist in various activities for our residents and also in the Coffee Shop.

If you are able to help please contact **Deb Cavanagh** for activities and **Glenys Ridley** for the coffee shop

87 334 331

To our wonderful volunteers already giving their time... a big

**"THANK YOU"**



**Lucindale Show spoils**

## Birthdays

### March

- 01 Sheila Millie
- 14 Paulene Hales
- 30 Doris Sargeant

### April

- 26 Beryl Potter

### May

- 01 Joyce Millhouse
- 02 Rhyce Smith
- 11 Betty Altschwager
- 19 Sofia Carpino
- 29 Ila Houghton
- 31 Joan Heath

*We wish them all  
a Happy Birthday*

We would like to acknowledge our hairdresser, Chris, and thank her for her contribution to our residents' grooming. She is available Mondays, Wednesdays and Fridays. Please see staff to make an appointment.



## Just a moment

A police officer stopped at a farm and demanded to search for illegal drugs.

The farmer said that was fine but told him to stay away from the bottom paddock as he wouldn't like it.

Annoyed by this, the officer says. "Do you see this badge! This badge means I can go where I please, when I please, how I please! You have no authority when it comes to telling me where I can go!"

The farmer nods and politely goes about his business. A short time later he hears screaming and looks to see the officer being chased by a big old mean bull. Just as it looks as though the bull is about to gore the officer the farmer drops his tools and runs to the fence and screams "Your badge, show him your badge"!



### RESIDENTS' CLOTHING

If you purchase new clothes, please place the items in the paper bags in the resident's bathroom so that they can be labelled correctly. Please also remove from the wardrobe any clothes that are no longer suitable.

### Resident & Family Forum

For those families new to us, Family Forum is held at 2pm on the first Wednesday of every month for residents and their families. Jenny Norman and her senior team attend and share information about what is happening at Boneham. It also provides an opportunity for residents and their families to make suggestions or raise any issues they might have. We look forward to seeing you at our next meeting.

### Café La Fromelles

#### Opening hours

Wednesday to Friday 10am to 3.30pm  
Saturdays 10am to 2pm



for Lunches  
and  
Morning &  
Afternoon Teas



*There is also a vending machine with  
snacks & drinks in the Coffee Shop*

## Calendar

### March

- 05 Shrove Tuesday 2.00pm
- 06 Resident & Family Forum 2.00pm
- 08 Baptist Church 1.30pm
- 13 Absolutely Anything Gift Shop
- 18 Joan & Chick for St Patrick's Day
- 22 Kevin Hollis sing-a-long 1.00pm
- 23 1st round AFL
- 29 Casterton Bush Band 1.30pm
- 29 Happy Hour 2.45pm

### April

- 03 Resident & Family Forum 2.00pm
- 05 Kevin Sporer 10.00am
- 09 Catholic Church Service
- 19 Good Friday
- 25 Anzac Day Service 10.30am
- 26 Baptist Church Service 1.30pm
- 29 Bobby Dazzler 10.30am

### May

- 08 Resident & Family Forum 2.00pm
- 12 Mothers' Day
- 13 Celebrate Mothers with Colleen
- 23 JD Fashions 10.00am

Please refer to your  
Monthly Activities calendar for  
more information



### CHURCH SERVICES

*Uniting 9.45am 2nd Tuesday Diva*

*Baptist 1.30pm 3rd Friday Diva*

*All Welcome*



Just a friendly reminder that Mary  
Cecelia Hart Court and grounds is a  
No Smoking area

## Comments, Compliments & Complaints

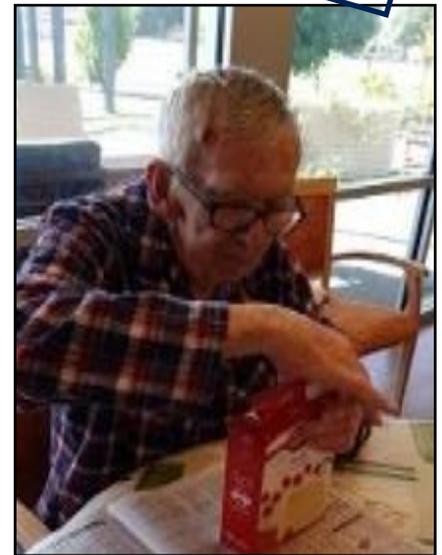
We appreciate any suggestions to improve our efforts. Your feedback plays a vital part in assisting us to develop quality services. We would like to know when we do a good job, how we can improve or provide a better service and whether you are satisfied with services provided. Ask one of our staff how you can make a comment, a compliment or a complaint. The Aged Care Quality and Safety Commissioner provides a free service for anyone to raise their concerns about the quality of care or services to people receiving aged care services. The Commissioner has offices in every State/territory and may be contacted on a national toll free number **1800 951 822**.

Complaints may also be made online at:  
[www.agedcarequality.gov.au/making-complaint/lodge-complaint](http://www.agedcarequality.gov.au/making-complaint/lodge-complaint)



Stirring the pot!

Cooking up a storm



Eyes Down

