



# BONEHAM BANTER



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Well where has the summer gone? No sooner does autumn start and the temperature drops and the cloud comes. The Royal Commission into Aged Care continues with further commentary on funding and staffing being the focus at present. Through strong sector representation and continued media coverage we are hoping for some Government action on both of these fronts soon.

The major news of concern at present is the COVID 19 virus and its continuing spread throughout the world. With information changing daily and media varying their focus at times it is sometimes difficult to gauge an accurate picture of what is currently occurring. Senior management and staff are monitoring the situation daily and updating staff as necessary. We are receiving daily updates from the Department of Health and are reviewing our action plans to ensure we are prepared for any eventuation. At this stage with in Australia the vast majority of cases are coming from overseas travellers that have returned. So if any of your family members or friends have come back from overseas or are travelling soon please let us know. Ongoing meetings with local health providers and hospital are continuing with any changes to the current plan being conveyed directly to Boneham.

If you or your family require any further information please do not hesitate to contact senior management. Otherwise it is business as usual here at Boneham.

*Michael Filsell* Acting General Manager



## WELCOME

A warm welcome to Bob Akeroyd, Maureen Lock, Cherry Daniels, Ivy Allwright, Ralph Zanello, Graham Hamlyn, Lando Tagliati & Patricia Rumbelow who have joined us in the past few months at the facility and to Bill & Heather Chapman in the cottages. Also welcome to new staff members Alice Pratt, Ruari Morley, Jessica Rundle, Abu Abduvahobor, Leanne Rainsford, Eliza Mewett, Lucy Kapulainen-Atkinson, Kirsty Johnson, Shaye Watson & Stewart Blyth and a big welcome back to Keely Siviour. We hope your time with us will be both enjoyable and satisfying.

## Quotes

I never forget a face, but in your case, I'll be glad to make an exception

*Groucho Marx*

Knowledge is knowing tomato is a fruit; wisdom is not putting it in a fruit salad

*Miles Kington*

The really frightening thing about middle age is the knowledge that you'll grow out of it

*Doris Day*

Honest criticism is hard to take, particularly from a relative, a friend, an acquaintance, or a stranger

*Franklin P. Jones*

Even if you are on the right track, you'll get run over if you just sit there

*Will Rogers*

## OUR MISSION

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





## Care Corner

We are in March and the beautiful, milder days of Autumn are upon us. The big topic in the news at present is the coronavirus, COVID-19, which has infected a number of people throughout the world. In Australia we have management strategies in place that have seen the infection rate in Australia remain low at present. At Boneham we are monitoring developments regarding COVID 19 on a daily basis. Residents and their families are advised that Boneham has plans in place as part of our preparedness to manage any type of infectious outbreak. We have been looking at COVID 19 particularly and have updated our plan in response to verified information.

It is very important to remember that everyone can do their part in preventing the spread of infections by remembering three things:

Wash your hands thoroughly after using the toilet, after coughing or using tissues, before all meals and after touching other people. Good hand hygiene is the most important thing that any of us can do to effectively stop infection spreading.

Use cough etiquette when coughing. Turn away from other people and cough in to your elbow. If unable to do this, use a tissue to cover the cough, throw the tissue away after use and .....wash your hands!

If your family and friends are unwell please ask them not to visit until they recover.

Flu vaccines will be available in late March and vaccinations will commence in early April. At the moment staff are contacting residents and their families to arrange consent for the 2020 vaccination.

If you have any questions please don't hesitate to ask. We will be ensuring that any information is passed on as we receive it.

Jo McGregor

Director of Care

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

*at 9.30am*

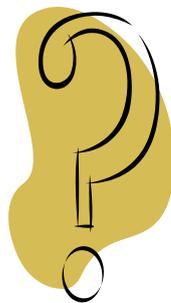
*for*

*Cottage  
and  
Facility*



*Residents*

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



### Did you know:

- the first item sold on eBay was a broken laser pointer?
- the longest place name in the world is 85 letters long?
- wombat poo is cube-shaped?
- about 700 grapes go into one bottle of wine ?
- fear of the number 13 is called triskaidekaphobia.?

Heather is on leave (basking in sunshine somewhere no doubt) so in her absence, Glenys has given us her recipe for vegetable lasagne, which she makes for the residents and also for the Coffee Shop.

#### Vegetable Lasagne

2-3 sweet potatoes

200g baby spinach

200g mushrooms

450g grated tasty cheese

1 pkt ready-to-go lasagne sheets

1 batch bechamel sauce

1 jar Dolmio tomato, onion & garlic

Pre-roast diced sweet potato.

Spread layer of bechamel sauce in bottom of oven dish.

Layer: lasagne sheets, sweet potato, mushrooms, baby spinach, dollop ½ jar tomato sauce over top, layer grated cheese. Repeat layers.

Finish with lasagne sheet, layer of bechamel sauce, layer of cheese. Bake at 160°C for approx. 30-40mins.

Serve with a tossed salad & crusty bread for a delicious meal.

## Kitchen Capers



*From Heather and the team in the kitchen*

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

Hello to all,

I hope we have all recovered from Christmas and lost those extra pounds that seem to sneak up on us. I look forward to a great year with you all with many new adventures.

Welcome back to our wonderful volunteers again this year and thank you for a mighty fine job you all do.

We have three schools involved in our activity program this year which will include visits to the Rendelsham Kindergarten.

We have also put entries in the Lucindale Show and look forward to finding out how we went. St Patrick's Day is coming up fast with a game of indoor bowls using a swede as the jack and potatoes for the bowls, so get out those green outfits for a fun time.

Thank you to all who buy our melting moment biscuits and also to the residents who cook them - we bought jigsaw puzzles with our last batch. I would hate to think how many we have made over the years!



## Kindy Kapers

We welcome back the Anglican Church who will be holding a service on the first Wednesday of the month at 10.30am in the Diva Room.

I hope we have all been studying the football guide as the football tipping competition is about to start on March 19th.

The Baptist Church are once again conducting an ANZAC service on 25th April at 10.30am and you are most welcome to join us.

Easter is just around the corner so more calories to go on the hips.

We will also be celebrating Mother's Day with a High Tea on 11th May.

So there's lots of things again going on at Boneham. Please join in and let me know if you would like to do anything different.

Love,

*Deb & the Lifestyle Team xx*

## Volunteers

are always needed to join our team 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"**

## Birthdays

### March

- 01 Sheila Millie
- 02 Yvonne Bowering
- 14 Paulene Hales
- 30 Doris Sargeant

### April

- 01 Norma Johnson
- 19 Betty Braham
- 20 Robert Akeroyd
- 29 Patricia Hitchcock

### May

- 02 Rhyce Smith
- 11 Betty Altschwager
- 19 Sofia Carpino
- 25 John Eizaguirre
- 27 Elvie Angel
- 29 Ila Houghton
- 31 Joan Heath
- 31 Pamela Kelly

**We wish them all  
a Happy Birthday**

## Just a moment

Two men go on a fishing trip. They rent all the equipment – the reels, the rods, the wading suits, the rowboat, the car, and even a cabin in the woods.



The first day that they go fishing, they don't catch anything. The same thing happens on the second day, and on the third day. It goes on like this until finally, on the last day of their vacation, one of the men catches a fish.

As they are driving home they both feel quite depressed. One guy turns to the other and says: "Do you realise that this one lousy fish we caught cost us fifteen hundred bucks?"

The other guy says: "Wow! Then it's a good thing we didn't catch any more!"

### 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 or do not fit.

Thank you

### 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.

Michael Filsell and his 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

- 04 Resident & Family Forum 2.00pm
- 13 The Two of Us 10.30am
- 17 St Patrick's Day (dress in green)
- 19 AFL footy starts
- 26 Visit to Boandik 11.30am
- 27 Happy Hour Joan & Chick 2.00.
- 31 Cottage Meeting 2.00pm

### April

- 01 Resident & Family Forum 2.00pm
- 03 Baptist Church 1.30pm
- 09 BBQ with Kindy 11.30am
- 22 Entertainer Col Millington

### May

- 01 Kevin Sporer 1.30pm
- 06 Resident & Family Forum 2.00pm
- 10 Mother's Day
- 11 Mother's Day High Tea
- 29 Happy Hour 3.00pm

Please refer to your  
Monthly Activities calendar for  
more information



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

### CHURCH SERVICES

Anglican 10.30am 1st Wednesday Diva

Uniting 9.45am 2nd Tuesday Diva

Baptist 1.30pm 2nd Friday Diva

*All Welcome*

### 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)



## Home & Away





AFL 2020  
FOOTBALL  
SEASON  
COMMENCES  
THURSDAY  
March 19



*AFL 2020 season fixture  
available in paper copy of the  
Banter*