



BONEHAM BANTER



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Well, here we are in September and that wonderful time of the year, Spring. The weather gets warmer without being too hot and the evenings get a little longer.

On 18th September we celebrate our volunteers with a special day. This gives us the opportunity to show our appreciation for the amazing work our tireless volunteers do for our residents, our clients and our organization.

As many of you would know, we had our Accreditation visit a few weeks ago. There were 3 auditors here for 3 days observing us and the quality of care we provide. They were very pleased with what they saw and have recommended that we have met all 44 standards.

With the focus on consumer engagement shaping the future of aged care delivery and the new Aged Care Quality Standards and regulatory framework, it was an excellent opportunity to showcase our home. Congratulations to all the staff who work hard all year to ensure this high quality of care.

I am always happy to discuss any point that residents and their families may have. You can call me during office hours on 87334331 or make an appointment to see me.

With warm wishes,

Jenny Norman
General Manager



REMINDER
ANNUAL FETE
SATURDAY
13th OCTOBER



10am
to
3pm

Smiling is contagious; you catch it like the flu.
When someone smiled at me today, I started smiling too!
I passed around the corner, and someone saw my grin.
When he smiled I realised that I'd passed it on to him.
I thought about that smile; then I realised its worth.
A single smile, just like mine, could travel round the earth.
So, if you feel a smile begin, don't leave it undetected,
Let's start an epidemic quick and get the world infected!



WELCOME

A warm welcome to Betty Altschwager, Dulcie Hunt, Kevin & Margaret Young, Doris Sargeant and Phyllis Gurney who have joined us in the past few months at the facility. Also welcome to new staff Paula Schultz, Adam Telfer, Jacqueline Holzhauser, Joseph Sangwa and Karandeep Kaur and a big welcome back to Sheila Lesslie. We hope your time with us will be both enjoyable and satisfying.

Quotes

Light travels faster than sound. This is why some people appear bright until they speak
Steven Wright

Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind
Dr. Seuss

Congratulations to Annie Howieson who turned 100 on 10th August



OUR MISSION

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

Care Corner



Winter is now officially over and spring is in the air. What a wonderful season it is. New growth on all our favourite plants, flowers everywhere and warmth in the air, at least during the day. In Western Australia they tell us that this year should be one of the best for the wildflowers. I feel sure many of you would have seen the wildflowers during your travels over the years. Once you see them you never forget how amazing they are. With spring comes the allergy season. If you suffer from allergies spring may be uncomfortable for you. If you need assistance managing your hayfever please let the staff know and they will make you an appointment with your Doctor, who will advise as to the best way to manage these symptoms. For all of us we need to get some sunlight each day now the weather is improving. All you need is 10 minutes of sun on your arms and legs to get your daily dose of Vitamin D. This will help to keep your bones strong. We have a number of new staff in the last few months. As they become more familiar with all of our Residents I am sure they will all become very valued members of our team. We hope their time with us is rewarding and educational. Make a point of having some fun every day. Smile a lot and enjoy the company of others. We only have one chance at this life and we need to make the most of every day.



Kathy Goldsack **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

Now that the warmer weather is coming it is important to **physiotherapy check in with the sun and get your vitamin D . Pull your curtains back and let your room be filled with the natural goodness that comes from daylight. As a reminder over the next month the physio team will be coming around to check your walkers and frames so that if the mood for venturing outside takes you we can be sure that your equipment is up to scratch. Please let us know if you have any particular issues with your frames and walkers so that we can attend to them right away.**



Regards **Michael Filsell** Physiotherapy Coordinator

Did you know:



- Men are 6 times more likely to be struck by lightning than women?
- You are 1% shorter in the evening than in the morning?
- Most dust particles in your house are made from dead skin?
- You can't hum while holding your nose closed?

Just a quick and easy recipe for the warmer nights ahead.

Kitchen Capers

Vegetable Lasagne

You'll need plenty of fresh vegetables—just use your favourites. For example: cooked sweet potatoes, pumpkin, cauliflower & broccoli; baby spinach, capsicum. The more vegetables, the better.
 1 large quantity of béchamel white sauce (make your own or use prepared) with added parmesan cheese
 1 jar tomato & basil sauce
 Instant lasagne sheets or frozen lasagne sheets



Grease a lasagne dish & place a small amount of cheese sauce on the base. Cover with lasagne sheets, then tomato sauce, a layer of vegetables, cheese sauce and continue with layers until dish is full. Finish with cheese sauce and sprinkle mozzarella and parmesan cheeses over the top. Bake for 40 minutes. Serve with a tossed salad and garlic bread.

From Heather and the team in the kitchen

What's New from the Leisure and Lifestyle Team

Hello to all

A lot has happened since our last newsletter . We have dipped & rolled 110 dozen lamingtons and raised \$347. Don't hang up your aprons too soon as we will be needing them to make some more for the fete. A big THANK YOU to Julie Hatley who once again helped with the dipping & rolling. Money raised will go towards getting the Casterton Bush Band back. Our Family Hour was held in July. Thank you to all those who attended and our volunteers who gave their time. Lots of practice goes into these events and you all did so well — Hollywood here we come!! We are having our Volunteers Appreciation Day on September 18th when we will take the opportunity to thank our wonderful & loyal volunteers who give up their time for us. No matter how many hours you spend here , THANK YOU all so much. We have 45 volunteers which is remarkable. You are all such a valued part of this organisation.

We will be holding our Annual fete again this year on October 13th from 10-3, so any donations of bric-a-brac, produce, pre-loved clothing or cooking would be greatly appreciated.. For those who have joined our Facebook page, I hope you are enjoying it. We have 99 members so far. I have had lots of positive feedback from families. For family members who would like to see their loved one on our Facebook page and haven't signed a consent form, please see me. Congratulations to our Footy Tipping winner for 2018, Libby Kerr with 133. We women do know a bit about football! 2nd place went to Don Cameron on 129 & 3rd place went to Harry Stark on 127. The show is also in November so we'll be putting our cooking & craft skills to the test then. And then there's the Melbourne Cup so plenty to keep us all busy.

Until next time, take care.

Love,

Deb & the Lifestyle Team



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
Jo Burford for the
coffee shop

87 334 331

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

"THANK YOU"



Lamington Larks



September

- 03 Sandra Telfer
- 03 Joan Grosser
- 09 Don Cameron
- 14 Noel Kent
- 17 Margaret Mullan
- 18 Jean Hart
- 26 Brian Thomas

October

- 18 Delphi McRostie
- 25 Phyl Humphries
- 26 Margaret Williams

November

- 03 Jean Bateman
- 06 Howard Skeer
- 11 Maureen Mitchell
- 11 Lesley Giddings
- 15 Jan Riedel
- 17 Enid Pope
- 21 Beryl Moorfoot
- 21 Shirley Buhlmann
- 27 Joan Skeer

***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

*The preacher came the other day.
He said that at my age I should be
thinking about the hereafter.
I told him
"Oh, I do — all the time.
No matter where I am....
If I'm in the pantry or in the kitchen,
Down in the basement
Or outside in
the shed,
I ask myself....
Now what am I
here after"?*



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. Kathy Goldsack 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 now a vending machine with
snacks & drinks in the Coffee Shop*

Calendar

September

- 05 Resident & Family Forum 2.00pm
- 17 Gift Shop 1.30pm Diva Rm
- 20 Kevin Sporer 10.30am Diva Rm
- 28 Handball & kicking Competition
- 28 Happy Hour 3.00pm Diva Rm

October

- 03 Resident & Family Forum 2.00pm
- 13 **Annual Fete**
- 19 Understanding Dementia 2.00pm
- 20 Happy Hour 3.00pm Diva Rm
- 23 Cottage Meeting 1.30pm
- 25 JD Fashions 9.30am Diva Rm
- 26 Choral Society 6.30pm Diva Rm

November

- 02 Millicent Show visit
- 06 Melbourne Cup 1.30pm
- 07 Resident & Family Forum 2.00pm
- 08 Bobby Dazzler 10.30am Diva Rm
- 11 Remembrance Day Service
- 30 Happy Hour 3.00pm Diva Rm



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

CHURCH SERVICES

Anglican 10.15am 1st Wed. Diva
Uniting 9.45am 2nd Tuesday Diva
Baptist 1.30pm 1st & 3rd Fri. Wren

All Welcome

Comments, Compliments & Complaints

We want your suggestions to continually improve our efforts. Your feedback will play a vital part in assisting us to develop quality services. We would also 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 Complaints Commissioner provides a free service for anyone to raise their concerns about the quality of care or services being delivered to people receiving aged care services funded by the Australian Government. Go to www.agedcarecomplaints.gov.au or phone 1800 550 552 for further information.



Family Hour Fun



You don't stop laughing because you grow older. You grow older because you stop laughing.

