



BONEHAM BANTER



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Inside this issue:

Editorial	1
Care Corner	2
Kitchen Capers	2
Leisure & Lifestyle	3
Calendar of Coming Events	4
Just a Moment	4

Good afternoon to you all from the Acting General Managers desk. As you may be aware Jenny Norman is on a well-earned break using up some annual leave and enjoying some time in the garden. It is a great privilege to be asked to sit in her seat and they are big shoes to fill. I have been in the position since July 1st but the time has flown and my head is still spinning. We have introduced the new standards across the facility with all staff continuing to be educated on what they mean and how to implement them on a day to day basis. We have also continued to hear almost daily about the Royal Commission into aged care and I want you all to feel comfortable to ask any questions that may arise as a result of these proceedings and the media coverage. We have made some changes to the way certain things happen around Boneham and once again feel free to ask or feedback through our processes any changes you would like to make in the facility. Once again I would like to thank Jenny for her commitment to BACS and wish her well on her holidays.

Michael Filsell Acting General Manager



After the cold and gloomy winter, cozy spring sunshine comes to make your soul smile! Not only that the sun is shining but you actually feel the snug warmth of that big yellow ball in the sky. Thanks to the spring equinox, we're able to enjoy longer days and shorter nights. That's why spring is a perfect season to start a new hobby or project. Have you ever thought about crafting or gardening? Wait no more and take this spring as the ultimate season of opportunity.



WELCOME

A warm welcome to Len Teagle, Elvie Angel, Mary Eizaguirre, Roselea Matheson, Des West, Joy Fensom and Betty Sullivan who have joined us in the past few months at the facility and to Fred Ellis & Val Redden in the cottages. Also welcome to new staff Marjory Milich, Kelsea Fox, Donna Leverton, Leny Anding and Emma Slape. We hope your time with us will be both enjoyable and satisfying.

Quotes

- It always seems impossible until it's done.
Nelson Mandela
- Success is a lousy teacher. It seduces smart people into thinking they can't lose.
Bill Gates
- Always borrow money from a pessimist. He won't expect it back.
Oscar Wilde
- Holding onto anger is like drinking poison and expecting the other person to die.
Buddha
- Coincidence is God's way of remaining Anonymous.
Albert Einstein



OUR MISSION

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

Care Corner



In recent months there have been improvements made to some existing services offered to residents at Boneham Aged Care Services.

Podiatry

Podiatrist, Bryce Strachan, from Boneham's contracted podiatry service, "Your Podiatrist," is now visiting every 3 weeks on a Friday. Residents scheduled for podiatry services will be advised of their appointment date by staff and assisted to the appointment by the allied health staff. Residents unable to attend the podiatry room are seen in their own room.

It is hoped that residents are enjoying the regular service and the additional support. If you have any questions or concerns, please do not hesitate to speak to staff.

Manicures

A new system of offering manicures is now available. Residents requiring assistance with manicures are supported by a registered nurse, carer or allied health staff member. If you need any assistance please speak to staff.

Pierina's Hair and Body Concept

Pierina has kindly offered a small range of beauty services to residents. Lists of details and service costs are available at reception. Appointments and payment arrangements are made directly with the salon.

These services are a private choice and are separate from Boneham services.

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



As you may have noticed I have moved out of the physio room **allied health** and across to sit in Jenny Norman's seat whilst she is on leave.

We are very lucky to have physios here on Tuesdays and Wednesdays and are restarting Occupational Therapy on Monday mornings once a fortnight. Nicole,

Emma, Linda and Cheryl are only too happy to assist you with all your mobility needs and I am still here if the need arises.

Remember to use the walking aides recommended to you and try to get some sunshine in your life for the vitamin D (not easy this time of year I know).



Regards

Michael Filsell Allied Health Manager



Did you know:

- 111,111,111 x 111,111,111 = 12,345,678,987,654,321 ?
- months that start on a Sunday will always have a Friday the 13th ?
- the dot on top of the letter 'i' is called a tittle ?

Well, with just a few teething problems, we have launched our long awaited lunchtime choices menu. We hope you have enjoyed having options to choose from and would appreciate any feedback or suggestions you might have. One of the new additions is Baked Fish with Lemon Glaze. For those of you at home, here is the recipe: Bake white fish of choice and, once cooked, pour Lemon glaze over. Serve with salad.

Lemon Glaze

1/2 cup sugar

2 Tblspns cornflour

2/3 cup lemon juice

1 cup water

1 Tblspn lemon rind

Mix cornflour with water. Place sugar, juice & rind in pan. Stir over medium heat until simmering. Stir in cornflour and mix.

Kitchen Capers



From Heather and the team in the kitchen

What's New from the Leisure and Lifestyle Team

Hello to all,

Wow, where has the year gone? A big thank you to all who dipped, rolled, coated & packed for our Lamington Drive. We made 94 dozen this year! It's a messy job and it's just a pity they taste so good.

We have started regular outings where we take residents on the bus to Fosters or Woolworths to personally do any shopping they might need. Let me know if you would like to be included.

We have also added Netflix to our TVs and everyone seems to be enjoying the extra variety. We were lucky enough to obtain a grant to purchase Blue Tooth stereos & tablets so that we can have music playing at all times in the lounges—lots of dancing as well, I hope!

We will be holding our Annual fete again this year on October 26th. Donations of bric-a-brac, cakes, etc would be greatly appreciated.

In October we are celebrating Seniors' Month and will be attending many of the Seniors' functions hosted by Wattle Range Council. So if there's anything on the program you'd like to attend, please let me know

Then, just when we think we can take a breather, the Melbourne Cup is on, followed by the Millicent Show. Don't put those aprons away yet as I'm sure you'll be called on to cook your specialty for the show.

On September 10th we will celebrate and thank our wonderful volunteers by holding a luncheon for them. There will be a training session just prior to lunch. I truly thank them & appreciate all that they do for our Lifestyle program.

We will once again be having a Remembrance Day service in the Diva Room at 10.30am. You are most welcome to join us. A big thank you to Di Sampson from the Baptist Church for conducting the most moving & wonderful services for us.

Thank you to everyone who came to our Family Hour. The residents are all super stars and I am sure Hollywood will be knocking on our door soon.

Perhaps we could take our skits to Australia' Got Talent!!

Please stay fit & healthy as we don't have time to be sick, with all that's coming your way.

Love,

Deb & the Lifestyle Team xx

P.S. Happy Fathers Day to all our Dads. I hope you get spoilt

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"



Birthdays

September

- 03 Sandra Telfer
- 03 Joan grosser
- 09 Don Cameron
- 11 Melva Little
- 14 Noel Kent
- 17 Margaret Mullan
- 18 Jean Hart

October

- 09 Mary Hann
- 18 Delphi McRostie
- 23 Max Johnson
- 26 Margaret Williams

November

- 03 Jean Bateman
- 04 Betty Doman
- 05 Len Teagle
- 06 Howard Skeer
- 11 Maureen Mitchell
- 11 Lesley Giddings
- 12 Andreina Cozzi
- 17 Enid Pope
- 21 Beryl Moorfoot
- 21 Shirley Buhlmann
- 27 Sandy Joan Skeer

***We wish them all
a Happy Birthday***

Just a moment



We had a power outage at my house this morning and my PC, laptop, TV, DVD, iPad & my new surround sound music system were all shut down. Then I discovered that my iPhone battery was flat and to top it off it was raining outside, so I couldn't play golf. I went into the kitchen to make coffee and then I remembered that this also needs power, so I sat and talked with my wife for a few hours. She seems like a nice person.



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



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.

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

September

- 02 Fathers Day afternoon tea 1.30pm
- 04 Resident & Family Forum 2.00pm
- 06 Phil Wilson 10.30am
- 08 Baptist Church Service 1.30pm
- 10 Uniting Church Service 9.45am
- 10 Volunteers' Day 10.30am
- 26 Beachport Ukulele Group 10.30am
- 27 AFL Handball Comp. 1.30pm
- 27 Happy Hour 3.00pm

October

- 01 Celebrate Seniors opening 11.30am
- 02 Resident & Family Forum 2.00pm
- 14 Sing a long Civic & Arts 11.00am
- 26 **Boneham Fete** 10.00am-3.00pm
- 28 Choral Society 6.30pm
- 29 Cottage Meeting 1.30pm
- 31 Celebrate Seniors closing 1.00pm
- 31 Happy Hour 3.00pm

November

- 05 Melbourne Cup 1.30pm
- 06 Resident & Family Forum 2.00pm
- 07 Bobby Dazzler 10.30am
- 08 Millicent Show bus trip 1.30pm
- 11 Remembrance Day Service 10.30am
- 29 Happy Hour 3.00pm



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

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



More
Lamington Lunacy



FETE



CRAFT
CAKES
DONUTS
FACE PAINTING
RAFFLES
KIDS STALL
LUCKY DIPS
BRIC À BRAC
PRODUCE
PRE-LOVED CLOTHES
COFFEE SHOP OPEN ALL DAY
AND LOTS MORE!!!



SATURDAY 26TH OCTOBER 2019

10:00am to 3:00pm



Spring is sprung



1. Before Spring and Spring time, what was the season known as based on an old English word?

- a) Lent
- b) Advent
- c) Epiphany
- d) Pentecost

2. On which date this year does the Spring Equinox fall in Australia?

- a) September 1
- b) September 15
- c) September 23
- d) September 30

3. Which type of meat is traditionally popular in Spring?

- a) Beef
- b) Lamb
- c) Chicken
- d) Goat

4. The Victorian Racing Club decided to hold its first Spring meeting in 1854 for which reason?

- a) A good lead up to the cricket season
- b) Better weather conditions
- c) Horses run faster in Spring
- d) To be on the opposite side of the year as England's Grand National

5. Birds, especially magpies, swoop on people and moving things during Spring for which reason?

- a) More sunlight makes them aggressive
- b) There is an increase in the amount of people outside
- c) Sprouting plants make them ravenous for food
- d) To protect their nests

6. Allergies increase in Spring mainly due to what?

- a) Wetter weather
- b) Increase in pollen
- c) In season fruit and vegetables not as good as other seasons
- d) Decrease in vitamin D levels



Answers: 1 a), 2 c), 3 b), 4 b), 5 d), 6 b)