



# BONEHAM BANTER



82 Williams Road  
Millicent SA 5280

Phone: 08 8733 4331  
Fax: 08 8733 3363

admin@boneham.org  
www.boneham.org

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## From Jenny's Desk

How the year has flown, the building has all been completed and most of the rooms have been filled. The Christmas decorations are up, as we madly try and fit so much into our days. Christmas is a magical time. It tends to bring back happy memories of family gatherings and charming traditions that have been passed down

Christmas carols, gift exchanges and family feasts are just some of the enduring traditions that make the season one of the favorite holidays. This is a joyous season to take a step back from our busy lives and enjoy time with our loved ones. Best wishes to you and your families.

*Jenny Norman* General Manager/Director of Care

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## WELCOME

A warm welcome to Maureen Mitchell, Ian Rogers, Beryl McCleery, Wilma Leibhardt, Keith Walker and Margaret Agnew who have joined us in the past few months at the facility. Also welcome to new staff Breeanna Witmitz, Claudia Giurastante, Trinity Mules, Mary Jolly, Ron Buwalda, Madi Fennell, Sarah Madden, Kathy Donnellan, Alishia Thwaites and Jess Ellis. We hope your time with us will be both enjoyable and satisfying.

## Quotes

Love your enemies. It makes them so damned mad.

*P.D. East*

The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.

*Mark Twain*

They say marriages are made in Heaven. But so is thunder and lightning.

*Clint Eastwood*



## OUR MISSION

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



## Care Corner

There have been a number of cases of respiratory illness/influenza at this facility recently. We are trying to prevent the illness from spreading. Visitors are advised that there is a risk of acquiring this respiratory illness by visiting Boneham, in particular the IBIS wing at this time, with IBIS currently in lockdown.

If you have been ill, have symptoms of any respiratory illness now (fever, sore throat, cough, muscle and joint pain, tiredness/exhaustion) or have been in contact with someone who is ill we strongly advise you not to enter this facility.

We would all like to be together for Christmas. The families of all the residents in Ibis have been wonderful and are encouraged to phone and talk to their family member and staff if there are any concerns. The staff at Boneham take infection control seriously and are doing a great job.

**Bye for now, Anne Rigter CN**

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

*at 9.30am*

*for  
Cottage  
and  
Hostel  
Residents*



*All Welcome*

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

Hi All

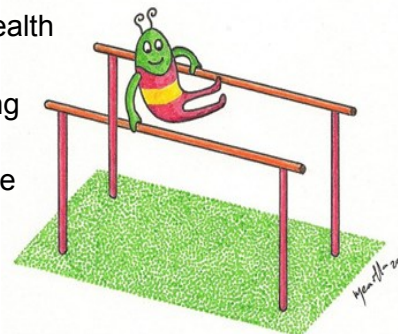
Season's greetings to everyone at this wonderful time of year. It is so nice to see some sunshine and as the mornings get warmer it is also a good time to revisit your pain management as joints and muscles find it slightly easier to get going. Sing out to staff to organise massages and take the time to get stiff joints moving so that the day starts in a pleasant fashion. There is no reason why exercises can't be done in bed to start the day.

Also Santa has come early to the Allied Health Dept. with hand waxing and parallel bars available to help with function strengthening and balance. Feel free to have a look and ask for a try. These are excellent innovative products that will continue to assist you in maintaining your movement.

Regards

**Michael Filsell** Physiotherapy Coordinator

## physiotherapy



Merry Christmas!



This is a great recipe to have with ice cream or custard or even on your breakfast cereal. We would like to wish you all a very Merry Christmas. Stay safe and see you in the New Year.

### DRIED FRUIT COMPOTE

500g pkt dried fruit salad  
8 whole cloves  
1 large orange

½ cup castor sugar  
3 cinnamon sticks  
1 vanilla bean

**Kitchen  
Capers**

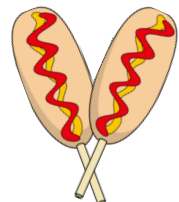
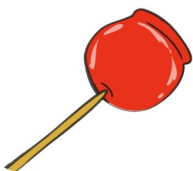
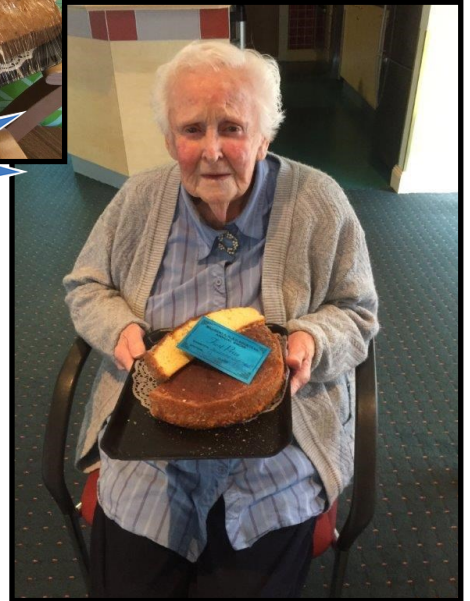
**Method:** Place fruit, sugar, 2½ cups cold water, cloves & cinnamon sticks into a medium saucepan. Remove 3 strips of skin from orange using a vegetable peeler. Juice orange. Add peel & juice to fruit. Split vanilla bean along length. Scrape seeds from vanilla & add to fruit.

Stir mixture over medium heat until sugar dissolves & mixture comes to the boil. Reduce heat, cover & cook for 20 mins or until fruit is softened. Remove from heat & cool. Spoon cooled fruit & syrup into clean jars & seal. Refrigerate for up to 1 month

**Heather and the team in the kitchen**



# SHOW STOPPERS





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

Well, how December has crept up on us again. Won't be long and the man in the big red suit will be coming down the chimney and we will be complaining about how much we have eaten again.

A big THANK YOU to those who have helped to work or donated items for our annual fete back in October.

Melbourne Cup day was again enjoyed by all this year, with Fashions on the Field being won by Ida Nesbitt and close runner up Joan Heath. Thanks to all the girls who modelled on the day.

We once again had success at the Millicent Show, winning many prizes in the craft, cooking, produce and flower sections. We had three bus trips to the show grounds for those residents who wished to have a look. Grace MacKenzie told us she has never missed a Millicent Show and she's 102!

Thanks to Di Sampson from the Baptist Church who once again held a moving Remembrance Day Service and thanks also to the children from Newberry Park for helping on the day.

Thank you to Deirdre Tilley who has donated a beautiful Therapy Doll to us.

I hope those voices are in tune as we have many carols to be sung before the man in the red suit arrives.

Thank you to the Rotary Club of Millicent who once again organise our annual Christmas party with the help of The Company of Seven and the staff from the Medical Clinic who will be performing skits for us.

I would like to thank again my wonderful and precious volunteers. I so appreciate your time and the effort you put into helping with our Lifestyle program. I would be totally lost without you all. I hope Father Christmas brings you the biggest present ever—you all deserve it. Merry Christmas to our residents and thank you also for any of the odd jobs I can you into doing—you also deserve a big present (I hope Santa has a big sleigh this year!).

### 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  
**Heather Grosser**  
for the coffee shop

87 334 331

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

**"THANK YOU"**



Lots of hugs & kisses, *Deb xx*



Melbourne Cup Luncheon



## December

- 04 Harold Murby
- 05 Shirley Giddings
- 14 Dorothy Chewings
- 20 Lynette Peckham
- 26 Lena Huntington
- 31 Colleen Clayfield

## January

- 03 John Grosser
- 20 Florence McLean
- 20 Jack Bateman
- 21 Petra Hulsinga
- 26 Edna Bulley
- 30 Gordon O'Rielly
- 31 Raeleen Serle

## February

- 13 Peter Saunders
- 15 Ronald Palmer
- 16 Audrey Mulvihill
- 18 Alex Morrison
- 25 Pansy Oppermann
- 28 Margaret Agnew
- 29 Audrey Howe

**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



## Family Forum

For those families new to us, Family Forum is held 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

### Reduced Opening hours

Wednesday, Thursday, Friday

10am to 3.30pm



for Lunches  
and



Morning and Afternoon Teas

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

## HELP WANTED

**Thank you to those wonderful volunteers already helping in the coffee shop, however we are looking for more help so that we can increase our hours again.**

**The coffee shop provides a wonderful service to our residents and their families by enabling them to spend time together in a social setting. If you are able to assist by giving up a couple of hours or more a week or a fortnight or a month, Heather would love to hear from you.**

## Calendar

### December

- 05 Absolutely Anything Gift Shop
- 08 Graham & Jo Duo
- 12 Kevin Sporer at 10.30am
- 12 BBQ with North Kindy
- 14 Mainly Music at 9.15am
- 19 Shirl Brown at 10.30am
- 20 Carols in the Corridors
- 21 Carols in the Coffee Shop
- 26 Australia Day

### January

- 4 Family Forum at 2.00pm

### February

- 1 Family Forum at 2.00pm

**Please refer to your monthly  
Activities Programme  
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 Wed. Diva  
Uniting 9.30am 2nd Tuesday Diva  
Baptist 6.00pm 2nd Sunday Diva

*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](http://www.agedcarecomplaints.gov.au) or phone 1800 550 552 for further information.