



BONEHAM BANTER



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Good morning from the General Manager's office.

It has been a time of great uncertainty and difficulty for so many over the past few months. I am constantly reminded of how committed and resilient our staff have been over such a challenging period. I would like to thank every resident, family, volunteer, and the wider Millicent Community for their ongoing support and positive approach to these recent events. It has been a constantly changing landscape and we have endeavoured to keep you updated throughout the process. We have received an enormous amount of information directly related to the pandemic response from Federal and State agencies over a very short period of time and have worked to implement the recommended strategies with as little disruption to everyone as possible. It is a relief at present to be living not only in South Australia but in the Limestone Coast with such a supportive population. We are currently under the directive, as are all SA aged care facilities, of the South Australian Government's Emergency Management Direction (Version 4) which clearly stipulates our current visitor arrangements. If you require any further clarification please do not hesitate to contact senior management. In the meantime here's hoping for continued good news and a return to life as it should be in the near future.

Michael Filsell General Manager



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 Margaret Bonham, Barbara McCourt, Barbara Ingerson, Tony Hodgens & Bill Fennell who have joined us in the past few months at the facility. Also welcome to new staff members Meredith Simons & Cindy Hardingham. We hope your time with us will be both enjoyable and satisfying.



Quotes

I will always choose a lazy person to do a difficult job because he will find an easy way to do it.
Bill Gates

Don't be so humble — you are not that great.
Golda Meir

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.
Winston Churchill



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 June and the crisp, cold days of winter have well and truly arrived! Staff at Boneham have been diligent in recent months supporting residents and their loved ones as we manage the many and ongoing changes that COVID 19 has brought in to our lives. We continue to keep abreast of all current policy and will maintain communication with residents, families, staff and volunteers as new information comes to hand.

A special thank you to Deb Cavanagh who has strived to ensure that all residents and their families have had every opportunity possible to keep in touch and have fun in spite of the restrictions imposed by COVID 19.

I would like to recognise RN Maggie Wakelin in this newsletter. Maggie has been a driving force in updating the way in which we support residents and their families in developing and updating Advance Care Directives and in delivering palliative care. Maggie is undertaking studies in palliative care and to date has:

- Improved the recording of Advance Care Directives
- Introduced 'PalliAged' palliative care training for RNs, ENs and care staff
- Reviewed and updated Boneham's palliative care documentation
- Introduced dedicated palliative care trollies which will provide resources for residents, families and staff.
- Updated resources for families.

Maggie's efforts and the wonderful support and interest of the staff group will help us to deliver excellent, compassionate care at the most difficult of times.

Jo McGregor Director of Care

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

*for
Cottage
and
Facility
Residents*



All Welcome

Now that the cold weather is upon us, some of you may have noticed an increase in joint stiffness during the cold mornings. We all know it gets harder to exercise once the colder months arrive. Winter lends itself to a 'snuggle up' mentality whereby we tend to move less and eat more! And while I love nothing more than snuggling up by a cosy fire, it is important to continue to keep our bodies moving throughout the change of season. Exercise has so many benefits including reducing pain, maintaining mobility, falls prevention and is great for our mental health! In the current COVID climate, supporting our mental and physical health is more important than ever.

You can exercise with Cheryl during our daily exercise classes or we can create an exercise program tailored to you that can be done in your room or in the physio gym any time of the day. We have a variety of weights and equipment available to keep your body moving.

If you need a little extra help keeping on top of your aches and pains now is a great time to have a review of your pain management plan. We have a variety of options including heat packs, TENS, massage, hand waxing and more. Ask Cheryl or myself to be put on the physio list for review, we are always happy to help. **Emma Slape Physiotherapist**



allied health

Here's a hearty pumpkin soup to warm you up on a cold Winter's day.

Kitchen Capers

Roasted Pumpkin Soup

2 kg Butternut pumpkin	1 onion	Olive oil (for drizzling)	Sea salt
3½ cups Chicken Stock	1 can coconut milk	1 tblspn Honey or Maple syrup	Pinch nutmeg

Preheat oven to 200°C.

Cut pumpkin in half and place on baking tray, cut side up with onion. Drizzle with oil & sprinkle salt over. Bake for approx. 1 hour until golden & roasted through.

Scoop pumpkin out of skin & place in saucepan with onion & stock. Bring to the boil and boil for 10 minutes. Puree in food processor or with stick blender.

Add coconut milk, honey or maple syrup & nutmeg. Serve with crusty bread.

*For added flavour spread Laksa paste on the pumpkin prior to roasting.



From Heather and the team in the kitchen

What's New from the Leisure and Lifestyle Team

Hello to all,

What a different world we are all living in at present. We are a happy bunch here & enjoying the new activities that are being held - slipping in a concert for everyone to see on Facebook!! We have been having a guest caller for our bingo most weeks on the big screen, which has amazed us all. Thank you to those who have taken part. To our volunteers - thank you for your patience. I hope you are all well as once this is over you will be working extra hard to make up for lost time. We still held our Anzac Day service—thank you to Di Sampson from the Baptist Church for providing me with a service to read. Thank you so much to all the children who painted pictures for our residents. We do have the best looking windows in the Millicent district.

If you would like to face time or use video messenger, please email me at deb@boneham.org so we can set this up. Our Lamington Drive is going ahead this year with order forms available in June for a July delivery. So.....the dipping, rolling & packing is about to start again. For anyone interested, we have unlimited internet for the residents at \$20 per month. Please see Peter Lowndes for more information. Thank you to all who are viewing our Facebook page - we are up to over 300 members. Let's hope we can start the football tipping competition again soon and that it goes for longer than last time. Welcome to our new Lifestyle staff member, Meredith Simons, who will be relieving while we take holidays. We wish you all well and please stay safe.

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"



ANZAC Day 2020



June

- 02 Pat Richardson
- 03 Anne McLay
- 11 Noeline Smith
- 13 Tony Hodgens
- 19 Kevin Young
- 20 Jane Compton
- 22 Margaret Bonham

July

- 01 Cherry Daniels
- 17 Jean Gurney
- 18 Ros Granziera
- 20 Ralf Zanello
- 26 Patricia Rumbelow
- 26 Milton Parish

August

- 02 Dell Williams
- 04 Barbara Ingerson
- 06 Lando Tagliati
- 08 Mary Atkinson
- 08 Monica Kenny
- 09 Barbara McCourt
- 09 Maria Prates
- 14 Ross Pilven
- 14 Annie Werk
- 15 Margaret Young
- 16 Joan Sporer
- 17 Gwen Lockwood
- 17 Graham Hamlyn
- 18 Sandy McLean

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

Privacy Policy

Boneham Aged Care Services Inc is committed to protecting your privacy and to ensuring we provide you with the best possible care and services. Our Privacy Policy is developed in accordance with the Australian Privacy Principles as contained in Schedule 1 of the Privacy Amendment (Enhancing Privacy Protection) Act 2012.

Our Privacy Policy also contains detailed information on how you may access the personal information we hold about you.

A copy of our Privacy Policy is available on our website or at our facility. We will provide a copy of our Privacy Policy to you when you are admitted to our facility or before we start providing services to you.



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

Sadly, the Coffee Shoppe is closed at present.



We will advise you when we are able to open again & look forward to seeing familiar & new faces then.



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

Calendar

June

- 04 Resident & Family Forum 10.30am
- 11 AFL footy starts
- 26 Happy Hour 3.00pm

July

- 01 Resident & Family Forum 2.00pm
- 31 Happy Hour 3.00pm

August

- 05 Resident & Family Forum 2.00pm
- 28 Happy Hour 3.00pm

Please refer to your Weekly Activities calendar for more information



OMG, I'm rich!
Silver in the Hair
Gold in the Teeth
Crystals in the Kidneys
Sugar in the Blood
Lead in the Ass
Iron in the Arteries
And an inexhaustible supply of Natural Gas.



I never thought I'd accumulate such wealth



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

CHURCH SERVICES

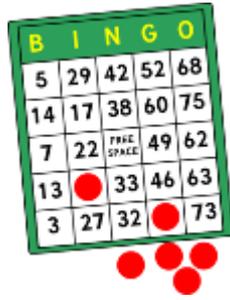
Anglican 10.30am 1st Wed' day Diva
Uniting 9.45am 2nd Tuesday Diva
Baptist 1.30pm 2nd Friday Diva

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**.

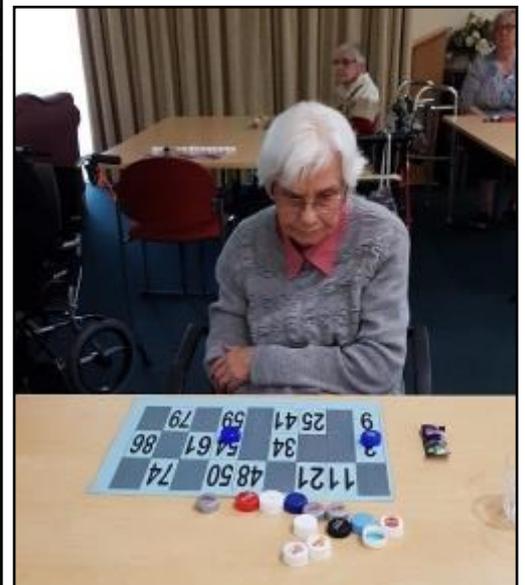
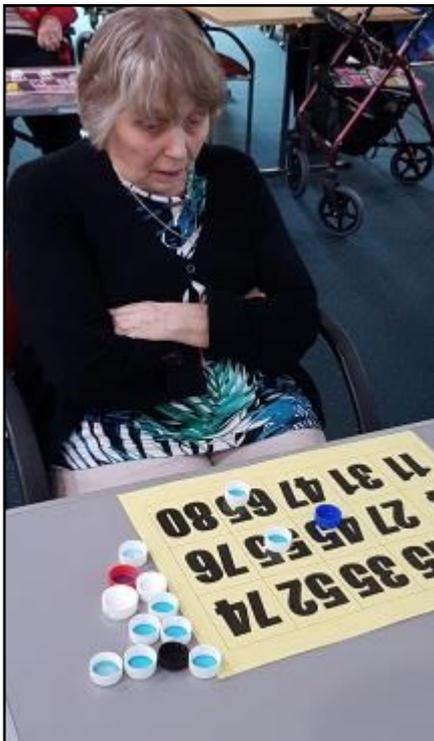
Complaints may also be made online at:
www.agedcarequality.gov.au/making-complaint/lodge-complaint



Modern Technology



Eyes Down!!





- | | | | |
|--------------|-------------|---------------|--------------|
| air | energy | lightning | stratosphere |
| atmosphere | evaporation | mass | stratus |
| barometer | foggy | meteorology | sunny |
| blizzard | force | overcast | temperature |
| cirrus | gauge | precipitation | thermometer |
| climate | hail | pressure | thunder |
| cloudy | heat | rainbow | troposphere |
| condensation | humidity | sleet | vapor |
| cumulonimbus | hurricane | smog | water |
| cycle | hygrometer | storm | wind |