



BONEHAM BANTER



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Behind the desk

Well spring is here and the sun is struggling to make an appearance. What a winter it has been and as Dickens famously penned - one of discontent. We have watched daily COVID updates and our ongoing thoughts and prayers are with Melbourne at present.

Politically the situation in Victoria combined with the ongoing Royal Commission has put Aged Care unfortunately on the front page. At Boneham we have been extremely busy dealing with

constant Government updates and putting new procedures in place to comply with the directives and ultimately keep you safe. I must thank everyone involved in Boneham from residents, staff, management, families and the wider community for their ongoing efforts and support during this time. It is humbling to witness the support offered by all given the unprecedented times in which we are living. Moving forward Boneham continues to strive to

Michael Filsell

Chief Executive Officer

While spring cleaning might not excite many people, it can be a very freeing and empowering experience, especially if it goes beyond just cleaning our homes and offices.

There are many benefits of cleaning our life from the inside out including freeing ourselves of clutter & making our living or working space more presentable, creating more upward flow in our lives, and even creating more energy in our bodies and minds. Cleaning our lives up actually can promote health and vitality. So if our offices, living areas, bodies and minds are 'hoarding' or 'piling' up things that we don't use, it naturally stops the energy from flowing. For many of us, to support us in creating what it is we want to experience in our lives, cleaning and clearing out the old is necessary for welcoming in the new.



WELCOME

A warm welcome to Miriam Pelling, Lorna Bowman, Norm Kirkland & Clive Stevens who have joined us in the past few months at our home. Also welcome to new staff members Karyl Burnett, Fiona Thompson, Shikera Pignotti, Jeannie Hutchesson, Robyn Wyld, Narelle Sloman, Nicola Bowditch, Jorja Motley & Kira Purcell. We hope your time with us will be both enjoyable and satisfying.

Quotes

I like long walks, especially when they are taken by people who annoy me.
Fred Allen

When I was a kid my parents moved a lot, but I always found them.
Rodney Dangerfield

Knowledge is like underwear. It is useful to have it, but not necessary to show it off.
Bill Murray



OUR MISSION

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



Care Corner

The cold, damp days of winter are slowly transitioning to spring. It is lovely to see the trees in blossom and the bulbs starting to flower.

COVID -19 is still with us and management continues to remain vigilant to ensure that Boneham staff are up-to-date with the latest information in an ever changing stream of adjustments to restrictions and training requirements.

Infection control measures have been uppermost in our minds and Boneham has dedicated considerable attention to ensuring that we achieve and maintain appropriate standards and avoid the very unfortunate situations that interstate and overseas aged care facilities have experienced.

Staff have recently completed various COVID-19 training modules, hand hygiene training and appropriate use of personal protective equipment. We are also arranging a mock transfer of an 'COVID infected' resident with S.A. Ambulance as part of our training and preparedness.

Staff have been very diligent in reporting potentially infectious conditions and are careful that they don't come to work when they are unwell.

An important appointment that has been made is that of EN Susan Pretty to Infection Control Nurse. Susan is undertaking additional infection training and is supporting ongoing staff education and environmental audits.

Staff have appreciated the understanding of both residents and visitors as we manage the safety and well-being of residents. Your patience in the face of restrictions and challenges helps us to fulfil our responsibilities.



Jo McGregor Director of Care

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

*at
9.30am*

for

*Cottage
and
Facility
Residents*

All Welcome



Spring is here which means the sunshine and warm weather will soon be upon us. Now is a great time to have your wheels checked and make sure they are in good working order. Over the next couple of weeks Cheryl and I will be checking over residents walking frames and wheelchairs. If you are having trouble with your brakes, wheels or would like to be assessed for a new walking aid please let us know. As we come out of winter hibernation, the term move it or lose it is particularly relevant. If you need some help to get moving again, please speak to our physiotherapy team. We have daily exercise classes on offer or I can customise a program for you to do in the comfort of your room or in our physio gym.

allied health



Emma Slape Physiotherapist

Kitchen Capers

Here's a simple cake for you to make & enjoy while soaking up the lovely spring sunshine

Lemon Delicious Cake

125g butter, chopped
1¼ cups castor sugar
¼ cup lemon juice

2 tspns grated lemon rind
1½ cups SR flour

3 eggs
½ cup milk



Spray 21cm baba cake pan.

Combine all ingredients in medium bowl of electric mixer, beat on low speed until ingredients are combined. Then beat on medium speed until mixture is smooth and changed colour.

Pour and spread mixture into prepared tin and bake in moderate oven 50 minutes or until cooked.

Turn onto rack to cool.

From Heather and the team in the kitchen

What's New from the Leisure and Lifestyle Team

Hello to all,

Well, here we are in September and Christmas will be on our door before we know it. I hope everyone is well and safe.

Thank you to my very patient volunteers. I hope you are all enjoying a break. I do have limited volunteers coming in so a big thank you to them. We have hung up our aprons for the time being. 115½ dozen lamingtons were rolled, dipped and wrapped so a big thank you to our residents. It's getting close to the end of the Footy tipping competition with Bob Akeroyd in the lead, closely followed by Marg Mullan.



We will once again be holding a Remembrance Day service at 10.30am on 11th November with the help of Di Sampson from the Baptist Church. Due to COVID 19 we will not be holding our Annual Fete in October. We will be celebrating Grand Final day with a kicking competition so start touching up on your skills. The weather is starting to show some signs that there is a sun out there so we look forward to getting outdoors and soaking it up. Our barbecue which we purchased with some of the Fete proceeds will be getting a work out over the summer months.

Well, take care & be good.

Love,

Deb & the Lifestyle Team xx

Volunteers

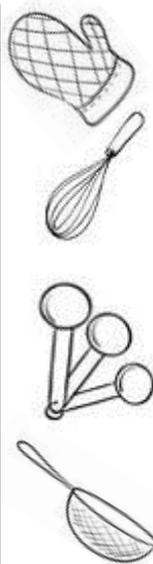
are always needed to join our team to assist in various activities for our residents and also in the Coffee Shop.

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"



It's that time again - lots of lovely lamingtons!!

September

- 03 Sandra Telfer
- 03 Joan Grosser
- 09 Ellen Masters
- 11 Melva Little
- 13 Herb Henderson
- 13 Ian Bateman
- 14 Noel Kent
- 18 Jean Hart
- 27 Verna Fensom
- 30 Dorothy Kirkland

October

- 09 Mary Hann
- 12 Norm Kirkland
- 23 Max Johnson
- 26 Mario Rodaro

November

- 03 Maureen Lock
- 04 Betty Doman
- 05 Len Teagle
- 06 Howard Skeer
- 11 Maureen Mitchell
- 11 Lesley Giddings
- 12 Andreina Cozzi
- 15 Jean Sinclair
- 17 Enid Pope
- 21 Shirley Buhlmann
- 27 Joan Skear

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



Just a moment

A little girl was sitting on her grandfather's lap as he read her a bedtime story. From time to time, she would take her eyes off

the book and reach up to touch his wrinkled cheek. She was alternately stroking her own cheek, then his again.

Finally she spoke up, "Grandpa, did God make you?" "Yes, sweetheart," he answered. "God made me a long time ago." "Oh," she paused. "Grandpa did God make me too?" "Yes, indeed, honey," he said. "God made you just a little while ago."

Feeling their respective faces again, the little girl observed, "God's getting better at it, isn't He?"



RESIDENTS' CLOTHING

Please hand any new clothes for residents into reception for passing on to the laundry for labelling. With the commencement of spring it might also be timely to go through wardrobes & remove any clothes that are no longer suitable or do not fit.

Resident & Family Forum

For those families new to us, Family Forum is generally 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.

While COVID restrictions are in place just the residents will continue to meet monthly on a Thursday morning.

Café La Fromelles

Sadly, the Coffee Shoppe is closed to the public 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

September

- 03 Resident Meeting 10.30am
- 25 Happy Hour 3.00pm

October

- 01 Resident Meeting 10.30am
- 05 Labour Day
- 24 AFL Grand Final
- 30 Happy Hour 3.00pm

November

- 03 Melbourne Cup
- 05 Resident & Family Forum 2.00pm
- 27 Happy Hour 3.00pm

Please refer to your Weekly Activities calendar for more information



Hairdresser Opening Days

Monday, Wednesday, Friday



If you wish to make an appointment with our hairdresser, Chris Num, please ask staff to write your name in the Hairdresser's book and Chris will contact you to arrange a time and also discuss payment options.



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

CHURCH SERVICES

No services are being conducted on site at present, however a Lutheran service is screened each Monday in the Diva Room at 1.30pm

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:

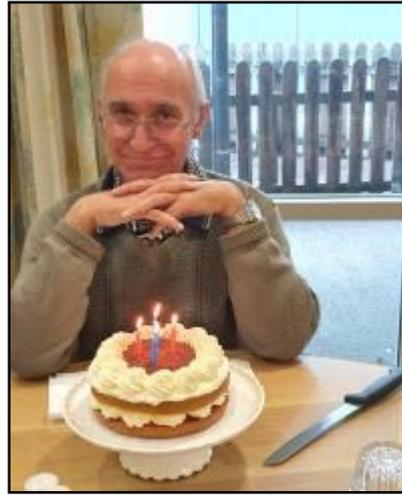
www.agedcarequality.gov.au/making-complaint/lodge-complaint



Christmas in July



Happy
BIRTHDAY
To YOU



Retail Therapy





Spring Quiz



- 1. Before Spring, Springtime and Springing 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 22 d) September 30
- 3. Which following vegetable is considered in season in Spring?**
a) Artichoke b) Capsicum c) Celery d) Eggplant
- 4. In Victoria and New South Wales, a festival of which flower is celebrated in Spring?**
a) Wattle b) Agapantha c) Lily d) Tulip
- 5. According to folklore, what can we balance on the ground on the first day of Spring?**
a) A stone b) An egg c) A broom d) A football
- 6. 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
- 7. 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 the Grand National
- 8. Which type of meat is traditionally popular in Spring?**
a) Beef b) Lamb c) Chicken d) Goat
- 9. In which Australian state is the Queen's Birthday holiday celebrated in Spring?**
a) Victoria b) New South Wales c) South Australia d) Western Australia
- 10. Which nautical creature is popular to observe in Spring as they migrate back to the Antarctica from Australia?**
a) Whales b) Sharks c) Barramundi d) Dolphins
- 11. 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
- 12. Spring weather in Melbourne usually means higher levels of what?**
a) Sunlight b) Rainfall c) Frost d) Humidity



1. (a); 2. (c); 3. (a); 4. (d); 5. (b or c); 6. (d); 7. (b); 8. (b); 9. (d);
10. (a); 11. (b); 12. (b)

ANSWERS

