



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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Behind the desk

Well Christmas couldn't come soon enough and it will be a slightly different one in 2020.

We have all faced some interesting challenges this year but with the support of family, friends and community we have come to the Festive Season.

Please remember to look after one another and stay safe during this period so that we can look forward to 2021 with renewed enthusiasm and an optimistic frame of mind.

If you have any questions regarding the Christmas visitations throughout this period please ask myself or Jo McGregor. As the situation changes from the SA Governments perspective we will update you accordingly. Merry Christmas.



Michael Filsell

Chief Executive Officer

Administration office will close 4pm 24th December 2020 & re-open 9am 4th January 2021

From us all at Boneham Aged Care Services,
we wish you a Merry Christmas
and a safe & COVID free
New Year



WELCOME

A warm welcome to Mario Rodaro, Beryl Leonard, Ev Jackway, Ken Bellinger, Pauline Phillips & Ron Whennen who have joined us in the past few months at our home and to Maureen White in the cottages. Also welcome to new staff members Karen Bevan, Akeesha Lambert, Courtney Hanson, Samantha Ebel, Janet Hales, Karyn Schultz, Narisah Smith, Maddie Redman, Rachel Leibhardt, Libby Sawtell, Jade Singh & Jemma Hayward & welcome back Tayla Kelly. We hope your time with us will be both enjoyable and satisfying.

Quotes

If you think you are too small to make a difference, try sleeping with a mosquito.

Dalai Lama

People say nothing is impossible, but I do nothing every day.

A.A. Milne

Opportunity is missed by most people because it is dressed in overalls and looks like work.

Thomas Edison

Have you ever noticed that anybody driving slower than you is an idiot, and anyone going faster than you is a maniac?

George Carlin



OUR MISSION

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



Care Corner

Twelve months ago we had no idea that COVID-19 would arrive and impact significantly on our lives.

I would like to sincerely thank residents and their families for their patience and understanding through the many changing restrictions that the government have put in place during the year.

A very sincere thank you too to staff for being diligent with all of the training requirements, compliance with restrictions and for being mindful of not coming to work when unwell. Staff have shown a high level of commitment to the well-being of residents and the needs of the organisation and it has been greatly appreciated.

A special thank you must go to Leica Sims and the visitor reception team who have worked hard to follow restrictions while still finding opportunities to support visitors and residents to connect.

Thank you too to Deb Cavanagh, the lifestyle team and volunteers for being enthusiastic, dedicated and creative in ensuring that residents and families stayed connected and for creating many opportunities for residents to enjoy happy times. Susan Pretty's role is expanding as she has accepted a role as lead infection control nurse. Susan is undertaking further studies and will be instrumental in leading our infection control practices. She is to be thanked for her diligence and commitment.

I wish all members of the Boneham family have the opportunity to enjoy a happy and relaxing Christmas with their loved ones and hope that the New Year is a positive, happy and fulfilling one for all.

Jo McGregor Director of Care

Don't forget Exercises on Monday, Wednesday & Friday mornings with Cheryl in the Diva room



allied health

With Christmas and the silly season just around the corner we are getting geared up for the busy time of year. The physio department has been busy as always keeping our residents moving. Cheryl continues to run exercise classes every morning and Emma is available for physiotherapy sessions on Fridays. If you would like to be reviewed by the physio, please let Cheryl know and we can put you on our list.

Coming into the warmer weather is the perfect time to remind ourselves to get outdoors and soak up some vitamin D from the sun. Vitamin D and regular exercise are essential for maintaining strong bones, a great excuse to get outside and enjoy some sunshine.



Emma Slape Physiotherapist

These balls go beautifully with coffee.

Almond & Cranberry Balls

3 Weet-Bix, finely crushed
1 cup dried cranberries
¼ cup almonds, chopped

2 tbs honey or maple syrup
1 cup almond meal
2 tbs water

Method

1. Add all ingredients, except water, to a food processor & pulse to a coarse consistency. Add water and pulse again until mixture sticks together.
2. Form into tablespoon-sized balls. Store in refrigerator. Makes 16. Enjoy.

Kitchen Capers



Merry Christmas from Heather and the team in the kitchen

What's New from the Leisure and Lifestyle Team

Hello to all.

Well, what a year it has been. Who would have thought that this time last year we would be going through such a challenging time with COVID 19.

The man in the red suit is soon to be coming down our chimneys again - I hope he hasn't been in lockdown & can still fit.

We will be holding Carols in the Diva room with Joan and Chick again this year. It will be residents only due to the restrictions. Kevin Sporer will be here to sing to us on December 18th.

A big thank you to the Millicent Rotary Club who have kindly donated fruit trays to our residents for Xmas this year. Also thank you to our volunteers who have been very patient & understanding through this crazy time.

Hopefully 2021 will see you all back on deck.

The staff again will be putting on a bit of a concert on December 24th for the residents, so take those hearing aids out because I can't guarantee the quality of the singing.

The Baptist and Anglican churches will be holding services before Christmas which I will include on the weekly program.

A big thank you to my Lifestyle team, Mandy, Ricky, Meredith & Alli who have helped to keep us all happy and smiling.

Let's hope we can resume our bus trips in 2021 as our wish list of destinations is growing and will take all the year to achieve.

I would like to wish everyone a Merry Christmas & a Happy New Year. Enjoy your time with your loved ones & not too much pudding or we will have to double the exercise classes & walking groups.

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"



Chinese Cheer !!



December

- 01 Eric Dean
- 04 Ivy Allwright
- 04 Harold Murby
- 05 Ron Whennen
- 14 Dorothy Chewings
- 25 Mary Eizaguirre
- 26 Lena Huntington
- 28 Dania Aardenburg
- 28 Betty Hale
- 27 Pauline Phillips
- 31 Ken Bellinger

January

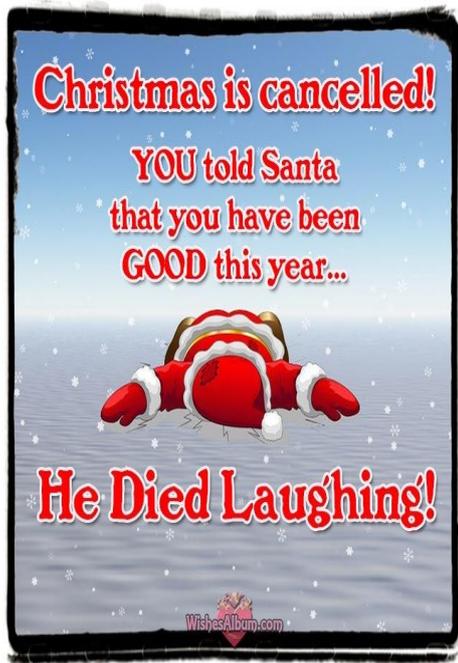
- 11 Mona kent
- 11 Ivy Hateley
- 16 Dawn Thorogood
- 21 Petra Hulsinga
- 29 Mavis Skeer
- 31 Raeleen Serle

February

- 03 Barbara Burris
- 03 Nancy Morrison
- 05 Pat Rogerson
- 17 Roselea Matheson
- 22 Marie Manning
- 28 Margaret Agnew

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

Just a moment



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.



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

Calendar

December

- 03 Resident Meeting 10.30am
- 17 The Big Christmas Concert 12.30
- 18 Kevin Sporer 1.30pm
- 22 Baptist Christmas Church 10.30
- 22 Carols in the Diva Room 6.30pm
- 23 Anglican Church Christmas 1.30pm
- 24 Staff Concert 10.30

January

- 07 Resident Meeting 10.30am
- 29 Happy Hour 3.00pm

February

- 05 Resident Meeting 10.30am
- 26 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.

CHURCH SERVICES

A Lutheran service is screened each Monday in the Diva Room at 1.30pm. Residents will be notified of any other services throughout the month.

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



A bevy of beauties



Looking dapper there, Len



Happy Hour



Twelve Days of Christmas

1

6

F	R	E	N	C	H	H	E	N	S	W	A	N	S	V
E	S	G	K	M	G	S	R	E	M	M	U	R	D	G
S	D	O	A	H	D	N	G	P	M	G	C	Q	M	J
E	R	L	B	N	I	D	I	Q	P	I	P	E	R	S
E	O	D	F	P	I	P	N	Y	I	M	X	C	B	G
G	L	E	L	R	I	K	D	W	A	D	N	H	U	N
N	D	N	T	N	M	A	I	D	S	L	N	R	E	I
G	P	R	G	M	I	L	K	I	N	G	D	I	H	M
Y	A	I	F	U	Z	T	W	O	M	L	O	S	M	M
P	E	N	T	Q	G	N	I	P	A	E	L	T	E	U
J	V	G	S	W	I	M	M	I	N	G	D	M	N	R
I	L	S	D	R	I	B	G	N	I	L	L	A	C	D
U	E	T	U	R	T	L	E	D	O	V	E	S	Y	P
U	W	B	N	O	O	S	Q	Y	T	X	P	C	F	S
N	T	V	O	M	U	Y	E	E	R	T	R	A	E	P

10

2

3

12

4



11

CALLING BIRDS
CHRISTMAS
DAYS
DRUMMERS
DRUMMING
FRENCH HENS
GEESE

8

GOLDEN RINGS
LAYING
LEAPING
LORDS
MAIDS
MILKING
PARTRIDGE

PEAR TREE
PIPERS
PIPING
SWANS
SWIMMING
TURTLE DOVES
TWELVE

9

7

5