

BONEHAM BANTER

Volume 15 Issue 1 Autumn 2021



Behind the desk

Well 2021 is disappearing as fast as could be. Before we know it Easter and the school holidays will be upon us.

The Commonwealth has already started rolling out the COVID 19 vaccine in some parts of South Australia with an aim to provide the vaccine to most aged care homes by the end of March. Vaccination is entirely voluntary. We do encourage staff members to have the vaccination however as it will provide the best protection currently available for them and for our residents.

At the time of writing, all of Australia's state borders are open. We are hoping that vaccination rollout will play a large part in keeping state borders open throughout the coming year.

The Royal Commission has handed down its findings and it is clear that the industry is struggling in many areas and needs extra support, as do the dedicated staff who work in aged care. We would like to thank our staff for their professionalism and dedication despite the pressures of their work. It is thanks to their efforts that Boneham has not seen the types of incidents that the Royal Commission has shone a spotlight on.

Boneham are in the process of setting up two new schemes for the benefit of staff, an Early Intervention Physio program and an Employee Assistance (Counselling) program. These schemes will provide free physiotherapy and counselling support for staff members and we hope that many of them will benefit from those programs.

Michael Filsell

Chief Executive Officer

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ANZAC DAY 2021 RSL SA offers a guide to conducting a personal remembrance service. It contains links to bugle calls and music to complement your words. <https://rslsa.org.au/anzac-day-2/>



WELCOME

A warm welcome to Heather Skeer, Pamela Oppermann, Ted Davis and Rikki King who have joined us in the past few months at our home and to Tony & Patricia Dack in the cottages. Also welcome to new staff members Laura Swan, Cathy D'Onghia, Jessica Townley, Dani Bell, Gaye Szabo, Irene DeGroot, Tantawon Joy, Tina Hunter, Melinda Dunning, Hayley McAllister & Donna Wilson and welcome back Kelsie Smith. We hope your time with us will be both enjoyable and satisfying.

Quotes

When I was a boy, the Dead Sea was only sick
George Burns

I've been on a diet for two weeks and all I've lost is fourteen days.
Totie Fields

If you find it hard to laugh at yourself, I would be happy to do it for you.
Groucho Marx

It could be that your purpose in life is to serve as a warning to others
Ashleigh Brilliant



Don't forget
Exercises every
weekday
morning with
Cheryl in the
Diva room



Christmas is a memory and we are now enjoying some beautiful, early Autumn weather and realising that Easter is not that far off!

Covid-19 is still very much on our minds. As Australians, and particularly South Australians, we have been very fortunate to have had strong leadership and reliable and responsible decisions made to protect the public.

The roll out of the COVID-19 vaccine is underway and we are expecting that we will be advised of our clinic date in the near future. Nurses Maggie Wakelin, Emma Cartwright and Kelsea Fox have been working with residents and their family members to provide information and obtain consents from those who wish to receive the vaccination. Maggie is Boneham's clinical lead for the vaccination program and will provide support and follow up throughout the program. Excellent resources have been provided from the Australian Government and we feel well prepared.

Once all people who wish to have the COVID-19 vaccination have had it we will be working with the medical clinic to provide the 2021 influenza vaccine to all who wish to have it.

Despite the availability of vaccinations, it is important to remember that good hygiene practices such as handwashing and cough etiquette are habits that protect against illness and should be practised daily.

Jo McGregor Director of Care

The allied health department would like to give a warm welcome to our new Occupational Therapist Kelly Cook.

allied health

Kelly comes to us with a wealth of experience and we are very lucky to have her as part of the team. Kelly can offer assessments of functional tasks including showering, dressing and eating and arrange a variety of aids to help residents manage more independently with daily tasks. If you would like a referral to see Kelly, please speak to Cheryl to be put on the list for her next visit.

In the coming weeks, both Emma and Kelly will be checking all of our residents mobility aids to ensure that brakes and wheels are all in working order.

We also have some new equipment arriving in late March, the most exciting of which is a new bed bath for use with our residents.

In mid-May we will also be farewelling Emma who will be starting maternity leave ahead of the arrival of her second baby in June.

Finally, we would like to wish all residents, staff and family members a very happy Easter from the allied health department.

Emma Slape Physiotherapist

Kitchen Capers

Chocolate Chip Cookies

225 g butter

1 tablespoon vanilla

1 egg

1 cup brown sugar, firmly packed

1 teaspoon baking powder

2 cups choc chips*

1 cup caster sugar

2½ cups plain flour



Method

Preheat oven 180°C. Line baking trays

Cream butter & both sugars. Stir in vanilla. Add egg and all dry ingredients. Form mixture into round golf ball size balls. Place 3cm apart on trays. Bake 14-16 minutes or until light brown - don't cook too much or the biscuits will go hard. Push down & flatten if they look under done - they will firm up.

* There are so many varieties you can make from this recipe. Instead of choc chips, use your favourite chopped nuts or chocolate & cranberries or tiny m & m Easter eggs.

from Heather and the team in the kitchen

What's New from the Leisure and Lifestyle Team

Hello to all.

Autumn is here again—where has our Summer gone? Hopefully we will still have some nice days to come.

We have started getting our volunteers back to Boneham. Thank you for your patience - it's been a long twelve months with out you all.

I hope everyone had a wonderful Christmas and the calories are well & truly gone as Easter is now on our door step.

Di Sampson from the Baptist Church will once again be conducting a service on Anzac Day in our Diva Room.

Well done to all the Lucindale Show winners - lots of prizes again.

To anyone who would like to join our Lifestyle Facebook page - you must have a family member at Boneham or be on the staff to be accepted, as this is a private page. If I haven't accepted you, please give me a call or email me on deb@boneham.org.

Our football tipping is about to begin again, so start studying up on the teams and the players.

We will be celebrating St Patricks Day again on Wednesday 17th March with Joan and Chick playing for us. We will also be having a game of indoor bowls using swedes & potatoes! Remember to wear your green outfits.

I hope everyone has a great Easter. Perhaps we should double the walking and exercise classes to get rid of the calories.

Take care.

Love,
Deb & the Lifestyle Team xx



men & their motors!



Birthdays

March

- 14 Paulene Hales
- 23 Heather Skeer
- 24 Clive Stevens
- 30 Betty Sargeant

April

- 13 Pamela Oppermann
- 19 Betty Braham
- 20 Bob Akeroyd
- 29 Pat Hitchcock

May

- 02 Rhyce Smith
- 11 Betty Altschwager
- 17 Rikki King
- 19 Sofia Carpino
- 25 Miriam Pelling
- 27 Elvie Angel
- 29 Ila Houghton
- 31 Pamela Kelly

**We wish them all
a Happy Birthday**



Just a moment

WHY WORRY



There are only two things to worry about - either you are well or you are sick. If you are well, then there is nothing to worry about. But if you are sick, there are two things to worry about. Either you will get well or you will die. If you get well, there is nothing to worry about. If you die there are only two things to worry about - either you will go to heaven or hell. If you go to heaven, there is nothing to worry about. But if you go to hell, you'll be so darn busy shaking hands with friends, you won't have time to worry!

RESIDENTS' CLOTHING



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

Thank you

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

March

- 04 Resident Meeting 10.30am
- 12 Baptist Church
- 17 Indoor bowls Irish way 10.30am
- 17 Joan and Chick 1.30pm
- 25 Happy Hour 3.00pm

April

- 01 Resident Meeting 10.30am
- 25 Anzac Day Service
- 29 Happy Hour 3.00pm

May

- 06 Resident Meeting 10.30am
- 28 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



CHRISTMAS CHEER



2021 Toyota AFL Premiership Season fixture released



- 22 matches across 23 rounds to resume in Season 2021
- Rounds One to Six Fixture released today
- Five Thursday night matches in the first five rounds
- 14 of the 18 Clubs play in marquee Thursday and / or Friday timeslots in the opening six weeks
- Men's footy returns to Victoria, NSW, ACT, Tasmania after a Covid-19 affected 2020 campaign
- AFL / AFLW Double headers in Rounds One and Two
- Rivalries aplenty across the first six weeks
- ANZAC Appeal Round to conclude the first block of the fixture
- Match ups and venues released for Round 7 to 23, dates and times to be announced throughout the season.

THE PRINTED VERSION
OF THE
BONEHAM BANTER
WILL CONTAIN THE 2021
AFL DRAW TO DATE