



# BONEHAM BANTER



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## Behind the desk

Welcome to winter with the rain and wet weather. Boneham has had an extremely busy 3 months with a great deal of work occurring in the lead up to the Federal Budget. The headline news that \$17.7 billion has been allocated over the next 5 years is good news but as with everything the details will be the key to analysing the likely impact on Boneham. Our key focus will be on workforce and staffing building and supporting our dedicated team of excellent staff that continue to provide outstanding service to our residents and community.

The ongoing COVID situation is a continually evolving environment as has been highlighted by the recent episode in Melbourne. I am pleased that our resident COVID vaccination program has been completed and we eagerly await the finalising of our flu vaccination process. Our staff are all flu vaccinated and are continuing to receive COVID vaccinations at present. Although it is not mandated we highly recommend our staff receive this to assist with their protection from this virus.

Please as always thank you for entrusting us with your care and feedback to us whenever you wish any aspects of Boneham you would like to change.

*Michael Filsell*

Chief Executive Officer

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*Winter is the time for comfort, for good food  
and warmth, for the touch of a friendly  
hand and for a talk beside the fire:  
it is the time for home.*

*Edith Sitwell*



## WELCOME

A warm welcome to Lance Evans, Garth Pegler and Joan Kemp who have joined us in the past few months at our home and to Koula Papageorgios in the cottages. Also welcome to new staff members Rebecca Laslett, Megan Chant, Kodi Lucas, Barbara Smith and Phoebe McGuinness. We hope your time with us will be both enjoyable and satisfying.

## Quotes

Age is something that doesn't matter unless you are a cheese. *Luis Bunuel*

I am free of all prejudices. I hate everyone equally. *W.C. Fields*

You know, somebody actually complimented me on my driving today. They left a little note on the windscreen, it said 'Parking Fine'. *Tommy Cooper*



## OUR MISSION

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

## Care Corner

After enjoying beautiful, extended Autumn weather and some unexpectedly balmy days, it seems that winter is well and truly upon us.

Boneham is closely monitoring both influenza and coronavirus vaccine availability for residents and ensuring that all residents who wish to be vaccinated do receive their vaccinations.

From June 1<sup>st</sup>, all visitors, staff and contractors must have received an influenza vaccination prior to visiting any aged care residence. Monitoring of visitors and staff also remains mandatory.

While many precautions are in place to protect the health and well-being of residents, there are a number of things that residents can do to protect their own health and that of others.

- ❖ Remember to wash or sanitise your hands before and after meals, after using the toilet, after attending activities, after coughing or sneezing and after contact with another person.
- ❖ Use good cough etiquette.
- ❖ Maintain physical distancing of 1.5metres wherever possible



New noticeboards in all resident areas have information available about good hygiene and staff are able to assist or answer questions.

Keep warm and stay well!!

Jo McGregor Director of Care

## allied health

Is it cold enough yet?

Welcome to winter when the mornings make you feel like staying in bed and the aches and pains seem that little bit worse. Keep us informed please if you need any further assistance with any aspect of your pain management.

Now that the sun shines less during winter it's essential to get some vitamin D to keep your bones healthy.

Staying warm presents some unique environmental challenges from a falls perspective. A combination of less natural light during the day plus knee rugs, blankets and thicker clothing can all present as slight challenges to a safe environment. Please remember to call for assistance to stand up and walk when required so that we continue to move safely, and if things fall on the ground sing out so we have no trip ups.



Don't forget  
exercises every  
weekday  
morning in the  
Diva room



A hearty winter soup to warm the cockles of your heart!!  
It's always popular with our residents.

Curried pumpkin soup

3 leeks	2 sweet potatoes	3 carrots
4 lt vegetable stock	3-4 kilos pumpkin	Curry powder



Cook leeks, sweet potatoes & carrots in stock until tender. Cut & peel pumpkin and place on an oven tray. Spray with oil and sprinkle with curry powder and place in mod oven to roast. When all ingredients are cooked, place in bowl and blend together. Add 2 tins of coconut milk and reheat gently. This soup freezes well.

from Heather and the team in the kitchen

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

Hello to all. Time to get the woollies out again and rug up for winter as it's well and truly here.

It's time to dust off those aprons again and get ready to help make our famous lamingtons. I will be putting out our forms soon so if you would like to place an order, please let me know as we will be starting to dip, roll and pack in July.

I would like to welcome Kathy Donnel- len to our Lifestyle team on Mondays & Tuesdays. Many of you will already know Kathy as a dedicated Enrolled Nurse here at Boneham and we look forward to her coming on board.

A big thank you to Di Sampson from the Baptist Church who once again gave a moving ANZAC Day service for us.

I hope you all got very spoilt on Mother's Day and had a special day.

Our Footy Tipping contest is provid- ing lost of interest with the current leaders being: 1. Bob Akeroyd 2/3 equal Marg Young & Eric Dean

It was great to have Joan & Chick play for us again, with lots of us shaking our tail feathers.

We have some wonderful volunteers at Boneham & we truly appreciate each and everyone of you and your unique talents.

We have set up a small stall in our main reception area with plants, rugs and other knitted items which our residents have made. So please stop and have a look - you never know, you might find a real bargain. The money raised goes to support our lifestyle program.

Stay well and keep warm.

Love,

*Deb & the Lifestyle Team xx*



## St Patrick's Day 2021



## Birthdays

### June

- 02 Pat Richardson
- 03 Ann McLay
- 11 Noeline Smith
- 20 Jane Compton

### July

- 01 Cherry Daniels
- 18 Ros Granziera
- 17 Phyl Gurney
- 20 Ralf Zanello
- 26 Patricia Rumbelow
- 28 Beryl Leonard

### August

- 02 Dell Williams
- 04 Barbara Ingerson
- 06 Lando Tagliati
- 08 Monica kenny
- 09 Barbara McCourt
- 09 Maria Prates
- 14 Ross Pilven
- 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

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

### June

- 03 Resident Meeting 10.30am
- 14 Queen's Birthday
- 25 Happy Hour 3.00pm

### July

#### LAMINGTON MONTH

- 01 Resident Meeting 10.30am
- 30 Happy Hour 3.00pm

### August

- 05 Resident Meeting 10.30am
- 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 to 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](http://www.agedcarequality.gov.au/making-complaint/lodge-complaint)



ANZAC  
DAY



# AUSTRALIAN WORD SEARCH



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

SYDNEY HARBOUR BRIDGE	PLATYPUS	GOLD COAST	INDIAN OCEAN
GREAT BARRIER REEF	MELBOURNE	SYDNEY OPERA HOUSE	OUTBACK
SYDNEY	FOOTBALL	ADELAIDE	TASMANIA
MOUNT KOSCIUSZKO	BONDI BEACH	CANBERRA	VEGEMITE
PAVLOVA	PACIFIC OCEAN	BRISBANE	EUCALYPTUS TREES
PERTH	KANGAROO	LAMINGTON	KOALA