



BONEHAM BANTER



82 Williams Road
Millicent SA 5280

Phone: 08 8733 4331
Fax: 08 8733 3363

admin@boneham.org
www.boneham.org

Volume 15 Issue 3 Spring 2021

Inside this issue:

Editorial	1
Care Corner	2
Physiotherapy	2
Kitchen	2
Capers	
Leisure & Lifestyle	3
Calendar of Coming Events	4
Just a moment	4



Behind the desk

Well spring is here and we look forward to some warmer weather after what has been quite a wet winter. Constant reporting of the changing COVID 19 situation has kept us all busy recently and we are relieved to report that our staff cohort have all received their first vaccination prior to the Commonwealth Governments time limit. We will endeavour to keep you and your families informed of the situation and any changes that occur to our processes largely through our weekly newsletter. Boneham has been busy over the winter months with administration room changes, training for staff, heaters in the coffee shop and the roll out of our medimap electronic medication software. As always if you notice any changes that you need any more information about please do not hesitate to ask a staff member. Finally, enjoy the sunshine and I hope you and your families stay safe.

Michael Filsell Chief Executive Officer

There's something magical about the first blooms of Spring. Have you spotted any of these stunning flowers yet? Self-sowing aquilegias, pink flowering plums, brightly coloured anemones, which make great cut flowers, the glorious crab apples, towering sunflowers, the ever popular daffodils and tulips and the old fashioned favourites - azaleas and wisteria with their pendulous blooms which scent the Spring air.



WELCOME

A warm welcome to Dorothy Campbell, Del Cameron, Linton & Margaret Reynolds, Elaine Skeer, Ron Jones, Brian Johnson, Annette Weir & Ellen Lane who have joined us in the past few months at our home and to John Fennell, Bill & Elsie Baird & Adriana Foster in the cottages. Also welcome to new staff members Andrea Baynes, Amy Collyer, Imogen Telfer, Rebecca Swan, Claudia Pratt, Angela Eylward, Jenny Paterson, Denise Fraser, Kimberly Sanders, Kirsty Stock, Catherine MacPherson, Eden Raful, Deb Gurney, Kaylee Withers & Amandeep Kaur. We hope your time with us will be both enjoyable and satisfying.

Quotes

The road to success is dotted with many tempting parking spaces. *Will Roger*

Honest criticism is hard to take, particularly from a relative, a friend, an acquaintance, or a stranger. *Franklin P. Jones*

You cannot soar with the eagles as long as you hang out with the turkeys. *Joel Osteen*

If you don't read the newspaper, you're un-informed. If you read the newspaper, you're mis-informed. *Mark Twain*

Home is the place, when you have to go there, they have to take you in. *Robert Frost*



OUR MISSION

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

Care Corner



It is very nice to see blossom appearing on the trees although the chilly mornings of winter and early spring are still very much with us.

Coronavirus is still a major consideration in Australia and across the world. At Boneham we have continued to review our action plans around the pandemic to ensure that we are fulfilling all our responsibilities and acting to keep residents, staff and visitors safe.

The government has made it mandatory for all staff working in residential aged care to be vaccinated against COVID-19, with all staff to have received at least their first vaccination by September 17th. Our staff group is well on track to achieve full vaccination.

We would like to acknowledge the support and assistance of the staff at both Millicent District Hospital and Millicent Medical Clinic for their support in assisting with the vaccination process.

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



Stay safe and well!

Jo McGregor

Director of Care

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



All welcome

Now that the warmer weather is coming it is important to check in with the sun and get your vitamin D. Pull your curtains back and let your room be filled with the natural goodness that comes from daylight.

While we check your frames and walkers regularly, please let us know if you have any issues so that we can attend to them right away.

There have been a few changes in the Allied Health department with Emma leaving us on Tuesdays to have her baby and Kelly and Briony on board to assist us with continued service. If you have any questions please do not hesitate to ask Cheryl what is the current arrangement.

allied health



Did you know:



- the longest breath held underwater is 24:03 minutes?
- the most used computer password is 123456?
- the average person uses 100 rolls of toilet paper per year?

Spring is in the air and everyone seems to have heaps of lemons on their trees (or on the ground!!).



Kitchen Capers



LEMON DELICIOUS CAKE

- | | | |
|--------------------------|---------------------------|-----------------------------|
| 125g butter, chopped | 2 tspns grated lemon rind | 1¼ cups (275g) castor sugar |
| 3 eggs | ½ cup (125ml) milk | 1½ cups (225g) SR flour |
| ¼ cup (60ml) lemon juice | | |

Coat 21cm baba cake pan with non-stick spray. 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 in colour. Pour and spread mixture into prepared pan. Bake in moderate oven about 50 minutes. Turn onto wire rack to cool.

from Heather and the team in the kitchen

What's New from the Leisure and Lifestyle Team

Well, here we are again waiting for some warmer weather to get us all out and about.

A big THANK YOU to everyone who supported our lamington drive and to our wonderful residents who helped to dip, roll & pack. We could make them all year round.

Our footy tipping was close again, with Eric Dean 1st and Bob Akeroyd & Ivy Hateley equal second. Well done, everyone.

I hope you all got spoilt for Fathers' Day & the Dads enjoyed your special day with your families. Our multi-cultural days are going well. This month we will be celebrating Mexican Day. Thanks to Lucy in the kitchen who comes in and cooks us dishes from different countries each month. We will once again be holding our kicking and handball competition on the 24th September so start getting in practise for that.

Kevin Sporer will be back to play for us on 15th October.

We will also be joining in on the Wattle Range senior celebrations, attending many of the functions that will be on offer to the community. The Olympic games were lots of fun, with residents participating and all enjoying the challenges of the different Olympic events.

We have seen a couple of different years with COVID and have had to change our activity program, with no school visits and sing-a-longs and concerts not going ahead. Let's hope things change and we can once again have interaction with the schools and other groups. If anyone would like to video call a family member, please let me know as I am only too happy to help to keep you connected.

Email me on deb@boneham.org



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 **Judy Little** for the coffee shop

87 334 331

To our wonderful volunteers already giving their time... a big

"THANK YOU"



Movin' & groovin' with Kevin Sporer

September

- 03 Sandra Telfer
- 03 Joan Grosser
- 06 Garth Pegler
- 09 Ellen Masters
- 11 Melva Little
- 14 Noel Kent
- 18 Linton Reynolds
- 26 Ron Millham
- 27 Verna Fensom
- 30 Dorothy Kirkland

October

- 02 Ted Davis
- 23 Max Johnson
- 25 Evelyn Jackway
- 26 Joan Kemp

November

- 03 Maureen Lock
- 04 Dorothy Campbell
- 11 Maureen Mitchell
- 11 Lesley Giddings
- 15 Jean Sinclair
- 21 Shirley Buhlmann
- 27 Joan Skeer
- 28 Ron Jones

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

Just a moment



A police officer stopped a motorist who was speeding down Main Street. "But officer," the man began, "I can explain." "Quiet!" snapped the officer. "I'm going to let you spend the night in jail until the chief gets back." "But, officer, I just wanted to say," "And I said be quiet! You're going to jail!" A few hours later the officer looked in on his prisoner and said, "Lucky for you, the chief's at his daughter's wedding. He'll be in a good mood when he gets back." "Don't count on it," answered the guy in the cell. "I'm the groom."



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.

Resident & Family Forum

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

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.

Café La Fromelles



*We are open for
coffee & cake
Monday to Friday
from
9.30am to 12 noon
for residents and families.*



Residents are also able to meet with their visitors in the coffee shop at any time

Calendar

September

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

October

- 04 Labour Day
- 07 Resident Meeting 10.30am
- 29 Happy Hour 3.00pm

November

- 04 Resident Meeting 10.30am
- 26 Happy Hour 3.00pm

Please refer to your weekly activities calendar for more information. The calendar is also published on our website www.boneham.org



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.



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

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



Boneham Olympic Torch relay



Vive la France!



WORD SEARCH!

SPRING CLEANING

FIND AND CIRCLE THE WORDS ON THE LIST... WORDS MAY BE FOUND ACROSS, DOWN, OR DIAGONALLY
 --FORWARDS, BACKWARDS, AND SOMETIMES OVERLAPPING. HAVE FUN!

WORD LIST

ATTIC
 BACK YARD
 BASEMENT
 BOXES
 BUCKET
 CAR
 CEILING
 CLEAN
 DRYER
 FRONT YARD
 GARAGE
 GARBAGE
 GLOVES
 GUTTERS
 LADDER
 LAUNDRY
 LAWNMOWER
 MIRRORS
 MOP
 ORGANIZE
 PAINTBRUSH
 RAKE
 SHED
 SORT
 SPONGE
 VACUUM
 WATER
 WALLS
 WASH MACHINE
 WINDOW CLEANER

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



©2010 TIM HOLTROP.

SPECIAL THANKS TO CALVIN HOLTROP

www.cybercroyon.net

At a boat hire, the manager went to the lake's edge and yelled through his megaphone, "Number 99, come in, please. Your time is up."

Several minutes passed, but the boat didn't return. "Boat number 99," he again hollered, "return to the dock immediately or I'll have to charge you overtime."

"Something is wrong here, boss," his assistant said. "We only have 75 boats. There is no number 99."

The manager thought for a moment and then raised his megaphone: "Boat number 66," he yelled. "Are you having trouble out there?"

