



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 4 Summer 2021



Behind the desk

Well Summer is finally here and we had a taste of it over the early part of this week. Although the long range forecast is for a wetter than average season it will be nice to see further sun in the weeks ahead.

With COVID 19 dominating media coverage and the recent easing of border restrictions we are beginning to see what living with the virus will look like. We will shortly be commencing our vaccine booster program for residents on site and continue with all recommended preparations.

Christmas this year will be slightly different and the situation may arise that at short notice arrangements need to be changed. Currently we can accommodate 2 visitors for lunch in your rooms on the day however we ask that you let us know in advance of your expected plans so we can cater accordingly. At present residents are able to leave the facility at any time with families for Christmas functions and we ask again to keep us informed in advance so that we can assist in coordinating.

I wish you all a safe and Merry Christmas and once again would like to thank every member of the Boneham Community for their support throughout a challenging year.



Michael Filsell

Chief Executive Officer

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



From us all at Boneham—

We wish you a Merry Christmas &
a Happy & safe New Year



2022

WELCOME

A warm welcome to Fin Boyle, Graham Lyons, Betty Peek, Ross Redden and Allen Peek who have joined us in the past few months at our home. Also welcome to new staff members Daryl McIntosh, Natasha Condie, Kristen Harrison, Ash Chhetri, Sara Hawke, Mary Carter, Lisa Braes, Mercia Lowe, Yadi Singh and Edmund Raful. We hope your time with us will be both enjoyable and satisfying.

Quotes

Santa Claus has the right idea. Visit people once a year.
Victor Borge

May all your troubles last as long as your New Year's resolutions!
Joey Adams

Everything is changing. People are taking the comedians seriously and the politicians as a joke.
Will Rogers

The main reason Santa is so jolly is because he knows where all the bad girls live!
George Carlin



OUR MISSION

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



Christmas is on the horizon and summer has arrived! This time last year we were hoping that COVID-19 would soon be behind us but that has not been the case. It is more important than ever that we maintain both vigilance and preparedness to ensure safe practices at Boneham as borders open and new strains of COVID-19 appear.

We have recently changed the entry and exit process at Reception to ensure that all people entering the facility observe the correct check in procedures. I appreciate that this can feel repetitive and onerous but the process is important in protecting the entire Boneham family. The resident check out desk has been moved to avoid congestion when residents sign in and out. It is located to the right of the reception desk.

I would like to take the opportunity to wish residents, staff, volunteers and their families a joyous Christmas and a safe and happy year in 2022.



Jo McGregor Director of Care

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



All Welcome

Season's greetings to everyone at this wonderful time of year, from the Allied Health team.

allied health

It is so nice to see some sunshine and as the days get warmer it is also a good time to get outside and into that sunshine for a free dose of Vitamin D to help maintain strong healthy bones, to lift your mood and support your immune health, muscle function and brain cell activity. What great reasons to enjoy that beautiful sunshine!

The term move it or lose it is particularly relevant this time of year, as joints and muscles find it slightly easier to get going in the warmth. If you have any trouble getting yourself going this summer please sing out to the Allied Health team for a review to help improve your pain and mobility.

Kelly Cook
Occupational Therapist



Did you know



- during your lifetime, you will produce enough saliva to fill 50 bathtubs?
- the average person walks the equivalent of five times around the world in their lifetime?
- banging your head against a wall for one hour burns 150 calories?
- the most used password is 123456?

We hope you enjoy these biscuits with a cuppa and friends!

Kitchen Capers

Ginger Cookies

- | | |
|--------------------------|---------------------------------|
| 125g butter at room temp | ½ cup firmly packed brown sugar |
| ½ cup golden syrup | 1 egg |
| 2½ cups pl flour | 1 tbs ground ginger |
| 1tsp mixed spice | 1 tsp bicarbonate of soda |



Pre-heat oven to 180°C. Beat butter & sugar in a bowl until pale & creamy. Add golden syrup & egg and beat until combined. Stir in flour, ginger, mixed spice & bicarb. Turn onto lightly floured surface and knead until smooth. Press dough into a ball & cover with plastic. Place in fridge for ½ hour. Place dough between baking paper. Roll out to about 4mm thick, cut with Xmas cutters & place on baking tray. Cook for 10mins in oven. When cool, decorate with white icing if desired.



Merry Xmas & Happy New Year from Heather and the team in the kitchen

What's New from the Leisure and Lifestyle Team

Wow, it's Christmas again. How time flies when you're having fun. A big THANK YOU to our wonderful volunteers and a Merry Xmas. You are all truly amazing and we are so grateful for your support. It's been another difficult year with COVID stopping us from many of our activity plans, but, fingers crossed, 2022 will be an improvement. Thank you to Di from the Baptist Church who conducted our Remembrance Day service. You always present a very moving service which is well received by all who attend. We have seen some sunshine in the past week, which is great. I can't wait to fire up the BBQ and get some burgers cooking. We had our first walk on the beach at Southend last week, with many more planned I hope. Great to see you kick off your shoes and socks and stroll along the beach.

Thank you also to Lucy in the kitchen who has been cooking us some amazing international food for our culture days. We will be having Australia day next, in January so lots of meat pies. We will be having Christmas in the corridors this year on the 23rd December. Our staff will be helping out, so if you would like some ear plugs please let me know!! Hopefully we will also be having our popular Carols in the coffee shop again this year. I will keep you posted on the date. Thank you to Kathy, Ricky and Meredith who make up our Lifestyle team and support me and the residents with the activity program. Lastly, a big THANK YOU to all our wonderful residents who make our day and coming to work such a pleasure. I wish you all a very merry Christmas and can't wait for the fun to begin in 2022.

Love,
Deb & the Lifestyle Team xx



Beach babes



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"

December

- 01 Eric Dean
- 04 Ivy Allwright
- 04 Harold Murby
- 05 Ron Whennen
- 13 Noel Foster
- 14 Ross Redden
- 18 Myra Gurney
- 26 Lena Huntington
- 28 Dania Aardenburg
- 28 Betty Hale
- 31 Ken Bellingier

January

- 10 Marie Heenen
- 11 Mona Kent
- 15 Agnes Bell
- 16 Dawn Thorogood
- 21 Petra Hulsinga
- 25 Annette Weir
- 29 Mavis Skeer

February

- 03 Nancy Morrison
- 15 Pat Rogerson
- 17 Roselea Matheson
- 22 Marie Manning
- 28 Margaret Agnew

We wish them all a Happy Birthday

Just a moment



Calendar

December

- 02 Resident Meeting 10.30am
- 03 Kevin Sporer 1.30pm
- 10 Baptist Church 1.30pm Diva room
- 13 ARAS advocacy 10.30am Diva room
- 14 Singing in the coffee shop 6.45pm
- 21 Carols in the corridors 6.30pm
- 24 Staff Xmas concert 10am Diva room
- 31 Anglican Church 1.30pm Diva room
- 31 Happy Hour 3pm Diva room

January

- 26 Australia Day

February

- 03 Resident meeting 10.30am
- 25 Happy Hour 3pm Diva room

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

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.



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.



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.



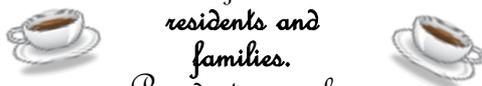
Just a friendly reminder that Mary Cecelia Hart Court and grounds is a No Smoking area

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

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.

We are seeking volunteers who are able to donate 2-3 hours of their time on a regular basis to expand & continue this service. Please contact Judy Little if you are interested.

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



Melbourne Cup High Tea



Scottish Day



English Day





Christmas Word Scramble

Unscramble the letters to find words which have to do with Christmas. Some of the words have religious meanings, others are secular in nature.

1. Groceos _____
2. Naclorig _____
3. Rats _____
4. Scunttshe _____
5. Porduhl _____
6. Naast _____
7. Skagceap _____
8. Dressephh _____
9. Gramen _____
10. Galen _____
11. Limesotte _____
12. Vaniyitt _____
13. Gotscink _____
14. Virasou _____
15. Traweh _____
16. Gisehl _____
17. Wamsonn _____
18. Ejuss _____
19. Stranneom _____
20. Scamsthir _____

© 2012 www.flandersfamily.info

ANSWERS

1. Scrooge 2. Caroling 3. Star 4. Chestnuts 5. Rudolph 6. Santa 7. Packages 8. Shepherd 9. Manger 10. Angel 11. Mistletoe 12. Nativity 13. Stocking 14. Saviour 15. Wreath 16. Sleigh 17. Snowman 18. Jesus 19. Ornaments 20. Christmas