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3rd April 2022

BONEHAM BANTER

Volume 16 Issue 1 Autumn 2022



Behind the desk

Welcome to the Autumn edition of the Banter. What a busy time it has been since I last sat down and typed this forum. Firstly the Pandemic we had been expecting and planning for over the last 2 years did arrive with a whirlwind. From daily testing to room restrictions, staff in full PPE, constant communication and Deb's icecream visits, it can be said that all involved did an amazing job. From residents to staff, families and community I thank you all for your understanding and dedication to Boneham over this time. Here's hoping we are able to return to a normal functioning facility as soon as possible.

In the meantime the world has caused us a great deal of concern. From Eastern Europe to Eastern Australia with the flooding, the news can sometimes be overwhelming. Please remember to reach out and let us know if you require any assistance in dealing with these issues. Also feel free to contact us with any feedback or suggestions you may have to assist with the service we provide to you all.

Michael Filself Chief Executive Officer



Anzac Day is the solemn day of remembrance of those Australian and New Zealand Army Corps soldiers who have fought and died for their country, and is marked annually on the anniversary of the Gallipoli campaign of the First World War.

While Anzac Day is set to coincide with the anniversary of the landing in Gallipoli, the day itself is not meant to be a commemoration of the event, but rather the qualities that Australia established for itself there. On Anzac Day, we recognise the courage, mateship, skill, and perseverance of those who have served, fought, and given their lives in the military. On Anzac Day, we show love, honour and support for those who fought to enable freedom for people all over the world, but were not able to make it home.



WELCOME

A warm welcome to Bill McDonald, Merv Gibbs, Kath Ellery, Margaret Gray, Joyce Walker, Sheila McCormick and Shirley Chamberlain who have joined us in the past few months at our home. Also welcome to new staff members Michelle Treloar, Amber Rogerson, Sapphire Sims, Morgan Kain, Hannah Nitschke, Tammy Hansen, Jazmin Brant, Ruben Van Eeden, Charlie Muhovics, Melissa Cartlidge, Hayley Beckett and Pam Watson. We hope your time with us will be both enjoyable and satisfying.

Quotes

When your mother asks, 'Do you want a piece of advice?' it is a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway.

Erma Bombeck

You know you've reached middle age when you're cautioned to slow down by your doctor, instead of by the police.

Joan Rivers

As you get older, three things happen. The first is your memory goes, and I can't remember the other two.

Sir Norman Wisdom



OUR MISSION

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

Care Corner

Christmas is a distant memory, the crisp, cooler days of Autumn are beginning to arrive, and Easter is only a few weeks away.

We have recently experienced an isolation of the entire facility due to positive COVID-19 cases in a staff member and a resident. Due to an early and rapid response, the potential of a bigger outbreak was diverted.

I would like to thank residents for their good humour and patience during isolation. Your efforts were a big part of the success.

Flu vaccinations for residents and staff are expected to be available on April 14th and we are planning an influenza vaccination clinic at Boneham. We will be speaking to residents and their family members in coming weeks to obtain consents for the vaccinations.

In the meantime, take the time to enjoy the last few days of Summer and do remember to keep up the great work with regular and thorough handwashing, remembering to maintain social distancing from other people, wearing masks while out in public and covering your coughs and sneezes.

Jo McGregor Director of Care

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



All Welcome

Hello from the Allied Health Team!

allied health

Well the warm weather looks like its staying for a bit longer. Make sure to make the most of the sunny days while we have them, to get that dose of vitamin D as the days get shorter we will have less time to enjoy the sun and all the wonderful benefits.

With these mild days, it's a perfect time to check your wheels. Could you all please have a look at your walkers ensuring that the wheels are running straight and the brakes are working well. Please sing out if you are having any issues with your walkers or wheelchairs and we will come around and assist with this to make sure we have everyone up to speed.

As the weather cools down it is also a timely reminder to keep up the hydration. It is so important to continue drinking water as the weather cools down to help prevent falls, keep our skin hydrated to prevent pressure injuries and to prevent UTIs and keep our bowels moving!



Kelly Cook Occupational Therapist

Did you know

- the average person falls asleep in 7 minutes?
- all the blinking in one day equates to having your eyes closed for 30 minutes ?
- 96% of candles sold are purchased by women ?

Chewy Triple Choc Cookies *(these are just delicious - we hope you enjoy them)*

4 tbspn unsalted butter, softened
2 tspn vanilla extract
2 tbspn golden syrup
½ tspn baking powder
¾ cup white chocolate chips

⅔ cup brown sugar, tightly packed
2 egg yolks, at room temperature
1 cup plain flour
¼ cup cocoa powder, unsweetened, preferably Dutch processed
½ cup dark chocolate chips

Kitchen Capers

Beat butter until smooth. Add sugar, beat 45sec to 1min until light & fluffy. Add yolks, beat 20sec. Add vanilla & golden syrup, beat 15sec. Add flour, baking powder & cocoa. Stir with wooden spoon until incorporated (will be a stiff dough). Mix through chocolate chips.

Scoop/roll 12 balls a touch smaller than a golf ball, then flatten to 1cm thick on 2 trays. Bake both trays for 10min at 190°C (170°C fan forced) with one shelf in the middle & another under it. Take top tray out, move tray underneath to top shelf & bake a further 1min then remove.

Leave cookies to cool on tray for 20min, then transfer to cooling rack. Allow to cool fully before serving.

from Heather and the team in the kitchen

What's New from the Leisure and Lifestyle Team

Here we are in March already. Hopefully we have got rid of the extra kilos from Christmas and you all got spoilt! We celebrated Shrove Tuesday last week with everyone enjoying a pancake or two.

We are having a St Patrick's Day luncheon on the 17th of March followed by an Irish game of indoor bowls—so wear your best green outfit and come and enjoy the day.

We would like to commence Bingo on a Saturday morning with volunteers running the session. It would start at 10.30 and go until approximately 11.45. If anyone can help out, please let me know. We plan to do it on a roster system so it wouldn't be every Saturday morning.

Congratulations to Noeline Smith for winning our thong throwing competition on Australia Day.

The football tipping is about to start on 16th March, so start studying the teams and good luck to you all.

The year is just flying with Easter just around the corner and ANZAC Day soon after that. A service will again be conducted by Di from the Baptist Church on the 25th April at 10.30am.

Just a reminder if you are wanting to join our Facebook page and I haven't accepted your request please give me a call as this is a private page and you must have a family member living at Boneham. I wish you all a wonderful Easter and hope that the Easter Bunny calls.

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"



March

- 24 Clive Stevens
- 26 Del Cameron

April

- 13 Pamela Oppermann
- 20 Bob Akeroyd
- 22 Kath Ellery
- 25 Elaine Skeer

May

- 02 Rhyce Smith
- 07 Margaret Gray
- 11 Betty Altschwager
- 16 Joyce Walker
- 19 Sophia Carpino
- 25 Miriam Pelling
- 27 Elvie Angel
- 29 Ila Houghton

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

Just a moment

How smart is your right foot?



1. While sitting in a chair, lift your right foot off the floor and make clockwise circles.
2. Now, while doing this, draw the number '6' in the air with your right hand. Your foot will change direction.

There are some things that the brain just cannot handle and there is absolutely nothing you can do about it!

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.

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.

Calendar

March

- 03 Resident Meeting 10.30am
- 14 Adelaide Cup
- 17 St Patrick's Day
- 25 Happy Hour 2.30pm Diva Room

April

- 07 Resident Meeting 10.30am
- 15 Good Friday
- 17 Easter Monday
- 25 ANZAC Day service
- 29 Happy Hour 2.30pm Diva Room

May

- 05 Resident meeting 10.30am
- 08 Mother's Day
- 27 Happy Hour 2.30pm Diva Room

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 monthly in the Diva Room. Residents will be notified of any other services throughout the month

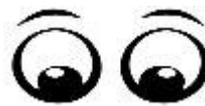
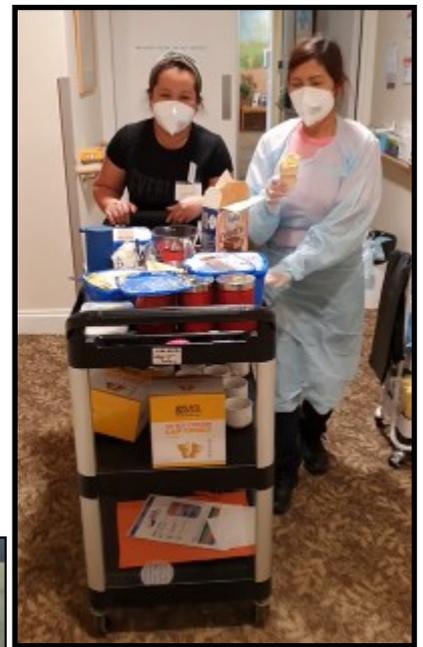
Comments, Compliments & Complaints

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



Our very own Mrs Whippies!!



HELP NEEDED! Volunteers required to run a bingo session on Saturday mornings from 10.15 to 11.45. Please contact Deb 8733 4331. Current flu and COVID Vacs required.

2022 TOYOTA AFL PREMIERSHIP SEASON

ROUND 1

Wednesday, March 16
Melbourne vs. Western Bulldogs (MCG) (N)

Thursday, March 17
Carlton vs. Richmond (MCG) (N)

Friday, March 18
St Kilda vs. Collingwood (MRVL) (N)

Saturday, March 19
Geelong Cats vs. Essendon (MCG)
GWS GIANTS vs. Sydney Swans (AS) (T)
Brisbane Lions vs. Port Adelaide (B) (N)

Sunday, March 20
Hawthorn vs. North Melbourne (MCG)
Adelaide Crows vs. Fremantle (AD)
West Coast Eagles vs. Gold Coast SUNS (DS) (T)

ROUND 2

Thursday, March 24
Western Bulldogs vs. Carlton (MRVL) (N)

Friday, March 25
Sydney Swans vs. Geelong Cats (SCG) (N)

Saturday, March 26
Collingwood vs. Adelaide Crows (MCG)
Essendon vs. Brisbane Lions (MRVL) (T)
Port Adelaide vs. Hawthorn (AD) (N)
Gold Coast SUNS vs. Melbourne (MS) (N)

Sunday, March 27
North Melbourne vs. West Coast Eagles (MRVL)
Richmond vs. GWS GIANTS (MCG)
Fremantle vs. St Kilda (DS)

ROUND 3

Thursday, March 31
Western Bulldogs vs. Sydney Swans (MRVL) (N)

Friday, April 1
Melbourne vs. Essendon (MCG) (N)
Adelaide Crows vs. Port Adelaide (AD) (N)

Saturday, April 2
GWS GIANTS vs. Gold Coast SUNS (DS)
Collingwood vs. Geelong Cats (MCG) (N)
Brisbane Lions vs. North Melbourne (B) (N)

Sunday, April 3
Carlton vs. Hawthorn (MCG)
St Kilda vs. Richmond (MRVL)
West Coast Eagles vs. Fremantle (DS) (T)

ROUND 4

Thursday, April 7
Port Adelaide vs. Melbourne (AD) (N)

Friday, April 8
Geelong Cats vs. Brisbane Lions (DMHBA) (N)

Saturday, April 9
Sydney Swans vs. North Melbourne (SCG)
Collingwood vs. West Coast Eagles (MRVL) (T)
Richmond vs. Western Bulldogs (MCG) (N)
Fremantle vs. GWS GIANTS (DS) (N)

Sunday, April 10
Essendon vs. Adelaide Crows (MRVL)
Hawthorn vs. St Kilda (MCG)
Gold Coast SUNS vs. Carlton (MS) (T)

ROUND 5

Thursday, April 14
Brisbane Lions vs. Collingwood (B) (N)

Friday, April 15
North Melbourne vs. Western Bulldogs (MRVL) (T)
West Coast Eagles vs. Sydney Swans (DS) (N)

Saturday, April 16
St Kilda vs. Gold Coast SUNS (MRVL)
Adelaide Crows vs. Richmond (AD) (T)
Melbourne vs. GWS GIANTS (MCG) (N)

Sunday, April 17
Carlton vs. Port Adelaide (MCG)
Essendon vs. Fremantle (MRVL) (T)

Monday, April 18
Hawthorn vs. Geelong Cats (MCG)

ROUND 6

Friday, April 22
GWS GIANTS vs. St Kilda (MD) (N)

Saturday, April 23
Western Bulldogs vs. Adelaide Crows (MARS)
Port Adelaide vs. West Coast Eagles (AD) (T)
Fremantle vs. Carlton (DS) (N)

Sunday, April 24
North Melbourne vs. Geelong Cats (BA)
Gold Coast SUNS vs. Brisbane Lions (MS) (T)
Richmond vs. Melbourne (MCG) (N)

Monday, April 25
Hawthorn vs. Sydney Swans (JTAS)
Essendon vs. Collingwood (MCG)

ROUND 7

Friday, April 29
West Coast Eagles vs. Richmond (DS) (N)

Saturday, April 30
Geelong Cats vs. Fremantle (DMHBA)
Adelaide Crows vs. GWS GIANTS (AD)
Melbourne vs. Hawthorn (MCG) (T)
St Kilda vs. Port Adelaide (CS) (N)
Carlton vs. North Melbourne (MRVL) (N)

Sunday, May 1
Collingwood vs. Gold Coast SUNS (MCG)
Western Bulldogs vs. Essendon (MRVL)
Sydney Swans vs. Brisbane Lions (SCG) (T)

ROUND 8

Friday, May 6
Port Adelaide vs. Western Bulldogs (AD) (N)
Fremantle vs. North Melbourne (DS) (N)

Saturday, May 7
Richmond vs. Collingwood (MCG)
Sydney Swans vs. Gold Coast SUNS (SCG)
GWS GIANTS vs. Geelong Cats (MD) (T)
Essendon vs. Hawthorn (MRVL) (N)
Brisbane Lions vs. West Coast Eagles (B) (N)

Sunday, May 8
Melbourne vs. St Kilda (MCG)
Carlton vs. Adelaide Crows (MRVL) (T)

ROUND 9

Friday, May 13
Collingwood vs. Western Bulldogs (MRVL) (N)

Saturday, May 14
Hawthorn vs. Richmond (MCG)
North Melbourne vs. Port Adelaide (BA)
St Kilda vs. Geelong Cats (MRVL) (T)
Sydney Swans vs. Essendon (SCG) (N)
Adelaide Crows vs. Brisbane Lions (AD) (N)

Sunday, May 15
Gold Coast SUNS vs. Fremantle (MS)
GWS GIANTS vs. Carlton (DS)
West Coast Eagles vs. Melbourne (DS) (T)

ROUND 10

Details TBC
Adelaide Crows vs. St Kilda
Carlton vs. Sydney Swans
Fremantle vs. Collingwood
Geelong Cats vs. Port Adelaide
GWS GIANTS vs. West Coast Eagles
Hawthorn vs. Brisbane Lions
North Melbourne vs. Melbourne
Richmond vs. Essendon
Western Bulldogs vs. Gold Coast SUNS

ROUND 11

Details TBC
Brisbane Lions vs. GWS GIANTS
Collingwood vs. Carlton
Geelong Cats vs. Adelaide Crows
Gold Coast SUNS vs. Hawthorn
Melbourne vs. Fremantle
Port Adelaide vs. Essendon
St Kilda vs. North Melbourne
Sydney Swans vs. Richmond
West Coast Eagles vs. Western Bulldogs

ROUND 12

Details TBC
Adelaide Crows vs. West Coast Eagles
Fremantle vs. Brisbane Lions
Gold Coast SUNS vs. North Melbourne
Hawthorn vs. Collingwood
Melbourne vs. Sydney Swans
Western Bulldogs vs. Geelong Cats
Byes: Carlton, Essendon, GWS GIANTS,
Port Adelaide, Richmond, St Kilda

ROUND 13

Details TBC
Brisbane Lions vs. St Kilda
Collingwood vs. Melbourne
Essendon vs. Carlton
Fremantle vs. Hawthorn
North Melbourne vs. GWS GIANTS
Richmond vs. Port Adelaide
Byes: Adelaide Crows, Geelong Cats,
Gold Coast SUNS, Sydney Swans,
West Coast Eagles, Western Bulldogs

ROUND 14

Details TBC
Gold Coast SUNS vs. Adelaide Crows
GWS GIANTS vs. Western Bulldogs
Port Adelaide vs. Sydney Swans
Richmond vs. Carlton
St Kilda vs. Essendon
West Coast Eagles vs. Geelong Cats
Byes: Brisbane Lions, Collingwood, Fremantle,
Hawthorn, Melbourne, North Melbourne

ROUND 15

Details TBC
Carlton vs. Fremantle
Collingwood vs. GWS GIANTS
Geelong Cats vs. Richmond
Melbourne vs. Brisbane Lions
North Melbourne vs. Adelaide Crows
Port Adelaide vs. Gold Coast SUNS
Sydney Swans vs. St Kilda
West Coast Eagles vs. Essendon
Western Bulldogs vs. Hawthorn

ROUND 16

Details TBC
Adelaide Crows vs. Melbourne
Brisbane Lions vs. Western Bulldogs
Carlton vs. St Kilda
Essendon vs. Sydney Swans
Fremantle vs. Port Adelaide
Geelong Cats vs. North Melbourne
Gold Coast SUNS vs. Collingwood
GWS GIANTS vs. Hawthorn
Richmond vs. West Coast Eagles

ROUND 17

Details TBC
Brisbane Lions vs. Essendon
Collingwood vs. North Melbourne
Geelong Cats vs. Melbourne
Gold Coast SUNS vs. Richmond
Hawthorn vs. Adelaide Crows
Port Adelaide vs. GWS GIANTS
St Kilda vs. Fremantle
Sydney Swans vs. Western Bulldogs
West Coast Eagles vs. Carlton

ROUND 18

Details TBC
Adelaide Crows vs. Collingwood
Carlton vs. Geelong Cats
Essendon vs. Gold Coast SUNS
Fremantle vs. Sydney Swans
GWS GIANTS vs. Brisbane Lions
Hawthorn vs. West Coast Eagles
Melbourne vs. Port Adelaide
North Melbourne vs. Richmond
Western Bulldogs vs. St Kilda

ROUND 19

Details TBC
Brisbane Lions vs. Gold Coast SUNS
Carlton vs. GWS GIANTS
Collingwood vs. Essendon
North Melbourne vs. Hawthorn
Port Adelaide vs. Geelong Cats
Richmond vs. Fremantle
Sydney Swans vs. Adelaide Crows
West Coast Eagles vs. St Kilda
Western Bulldogs vs. Melbourne

ROUND 20

Details TBC
Adelaide Crows vs. Carlton
Collingwood vs. Port Adelaide
Essendon vs. North Melbourne
Fremantle vs. Melbourne
Geelong Cats vs. Western Bulldogs
Gold Coast SUNS vs. West Coast Eagles
Richmond vs. Brisbane Lions
St Kilda vs. Hawthorn
Sydney Swans vs. GWS GIANTS

ROUND 21

Details TBC
Brisbane Lions vs. Carlton
Geelong Cats vs. St Kilda
GWS GIANTS vs. Essendon
Hawthorn vs. Gold Coast SUNS
Melbourne vs. Collingwood
North Melbourne vs. Sydney Swans
Port Adelaide vs. Richmond
West Coast Eagles vs. Adelaide Crows
Western Bulldogs vs. Fremantle

ROUND 22

Details TBC
Adelaide Crows vs. North Melbourne
Essendon vs. Port Adelaide
Fremantle vs. West Coast Eagles
Gold Coast SUNS vs. Geelong Cats
Melbourne vs. Carlton
Richmond vs. Hawthorn
St Kilda vs. Brisbane Lions
Sydney Swans vs. Collingwood
Western Bulldogs vs. GWS GIANTS

ROUND 23

Details TBC
Brisbane Lions vs. Melbourne
Carlton vs. Collingwood
Essendon vs. Richmond
Geelong Cats vs. West Coast Eagles
GWS GIANTS vs. Fremantle
Hawthorn vs. Western Bulldogs
North Melbourne vs. Gold Coast SUNS
Port Adelaide vs. Adelaide Crows
St Kilda vs. Sydney Swans

2022 TOYOTA AFL FINALS SERIES

Date TBC
Celebration of Football Weekend

Date TBC
Week One - Qualifying & Elimination Finals (4)

Date TBC
Week Two - Semi-Finals (2)

Date TBC
Week Three - Preliminary Finals (2)

Date TBC
Week Four - Toyota AFL Grand Final

