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BONEHAM BANTER

Volume 17 Issue 1 Autumn 2023



Behind the desk

Well summer has come and gone with only a late surge in temperatures to remind us of how useful air conditioning can be. Speaking of which we have been having some ongoing issues around some of our a/c units and are currently looking at a system overhaul to ensure ongoing function.

The box guttering in the Diva room is about to be replaced to have the roof ready for winter. Our hearing loop microphone system is up and running in the Diva room and we are looking forward to putting it to use. You may have also noticed that our masks came off for a brief period recently and we are hoping to continue that process more often in the future to allow us all to smile, laugh and speak to you more clearly.

Michael Filsell Chief Executive Officer

We're excited to announce that *Café La Fromelles* is open Monday to Friday under the management of Anna Winkler. Anna will open 9.30 to 12.30 and will have available a variety of snacks and light lunches as well as coffee and cake.

The menu and price list is enclosed in this issue of the Banter. We are keen to extend the café's opening hours so if you are interested in helping out, please talk to Anna about volunteering. We would love to return to being open for our residents, their families and staff for afternoons and weekends. It need only take 2-3 hours of your time.



On Wednesday 8th March, we celebrated the 'Launch' of our Wellbeing Program for 2023. In the café there has been a space designated to our program. This is a space all staff are encouraged to use if they ever need a break from work or life stress.



It can also be used to take another work member or friend to have a conversation in a private space or to just simply have a coffee in your break times.

Throughout the year there will be events, information and much more available each month to celebrate something different to help the wellbeing of staff at Boneham. Information for these activities will be updated through email and information set out in the 'Wellbeing Corner'. We look forward to your support throughout the year!

WELCOME

A warm welcome to Pamela Linnell, Sue Clarke, Patricia Armfield, Bill Baird & Fred Ellis who have joined us in the past few months at our home and also to Leonard & Lorraine Walker in the cottages. Welcome also to new staff members Patsy Ryan, Arth Patel, Prayash Pokhrel, Aaro Shrestha, Suju Kandel, McKenzie Bevan & Jaspreet Kaur. We hope your time with us will be both enjoyable and satisfying.

Quotes

You only live once, but if you do it right, once is enough.
Mae West

I can accept failure, everyone fails at something. But I can't accept not trying.
Michael Jordan

I'm not offended by blonde jokes because I know I'm not dumb. And I also know that I'm not blonde.
Dolly Parton



OUR MISSION..... *Delivering excellence in aged care services that meet or exceed the needs and expectations of our residents and community.*



Care Corner

Autumn has arrived and we are enjoying some beautiful weather in amongst the last (hopefully) hot days of summer.

Unfortunately, 2023 started with another Covid outbreak which saw 30 Boneham residents and 24 staff test positive. Most residents were not particularly unwell, but everyone experienced the tedium of the inevitable restrictions that accompanied the outbreak.

We did have the opportunity to support residents to go on outings and would like to acknowledge staff who strived hard to provide activities, company, and support for residents. Deb's ice cream rounds were the highlight of each day!

However, we do recognise the imposition on residents' daily lives and are actively seeking guidance to minimise the impact. In early March we will be hosting SA Health who will be conducting a workshop onsite to further support our outbreak management planning. We are hoping to be able to implement strategies to safely support residents whilst limiting effect on their day to day lives. With South Australia anticipating another Covid wave in March, we are planning to have our responses firmly in place.

Vaccinations are an important tool in managing the impact of both influenza and Covid. With a 5th, Omicron specific vaccination due out in March and the 2023 influenza vaccination due in May, we will be talking to residents and arranging consents and vaccinations for those who wish to be vaccinated.

In the meantime, do remember to stay safe and maintain good handwashing and other hygiene, especially when out in the community.

Jo McGregor Director of Care

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



All welcome

Exercises also
in Wren

APRIL FALLS DAY

April Falls Day (Monday 3rd April) and April Falls Month are serious business. These events are part of an annual campaign to raise awareness about the impact of falls and to promote the latest best practice falls prevention strategies.

Did you know?

- 37% of injury-related deaths are caused by falls
- 30% of 65's fall each year
- 23% reduction in falls with regular exercise



Better Balance for Fall Prevention

The overall 'Better Balance for Fall Prevention' campaign goal for 2023 is to promote increasing physical activity for fall prevention, and improvement of life and social balance for better mental health.

Tips for Safe Activity:

- Consult your clinical team for advice on safe walking and exercise options.
- Call for assistance if required and don't forget your glasses as well as your walking aid.
- Stay hydrated and wear appropriate footwear.
- Be as active as you can in your day, getting outdoors whenever possible. To prevent falls and maintain independence this should include exercise or activities that improve strength and balance.

*Remember: Start slow and build up gradually.
Every bit helps.*

from your Allied Health team

Emma, Meg, Cheryl & Louise

We welcome Lucy Kapulainen to our kitchen as Head Cook and sadly farewell Heather Grosser who has retired. We thank Heather for her many years of service to Boneham and wish her a very happy retirement.

Enjoy these biscuits which are made by our trainee, Heidi for our residents.

Cornflake biscuits

250g unsalted butter
300g self-raising flour

200g sugar
90g sultanas

2 eggs
120g cornflakes, crushed slightly

Preheat oven to 160*c (fan forced).

Beat butter and sugar until pale and creamy. Beat in egg. Fold in flour and sultanas, mix until well combined. Place cornflakes in a bowl. Spoon heaped table spoonful's of biscuit mixture into the cornflakes. Toss gently in the cornflakes to coat and form balls.

Place the balls 8cm apart to allow room for spreading. Bake for 15-18 minutes or until golden. Let cool for 10 minutes on trays before transferring to a wire rack. Makes approx. 28

from Lucy and the kitchen team

Kitchen Capers



What's New from the Leisure and Lifestyle Team

Well, Xmas is done and dusted & I do believe summer will be also nearly over.
 Easter is fast approaching so it's more food & chocolate.
 Thank you to all the staff who gave up their time to come and join in on the Xmas activities with the residents. I'm not sure if we started practicing now whether our singing will have improved by the next one!
 We will be starting our footy pick competition this week so start studying the teams. Our ANZAC Day service will be held on the 25th April and will again be conducted by Di Sampson from the Baptist Church.
 Thank you for the donation of DVD players, colouring in items, etc received during the COVID lockdown. They were greatly appreciated and well received by the residents. There is some wonderful art work hanging in their rooms.

I am setting up a reminiscing corner in Wren, so if anyone has some old items they would like to donate we would very much appreciate it. We would particularly like an old dial telephone and old tools for the men.
 On Friday we have a busy day celebrating St Patrick's Day, with indoor bowls the Irish way in the morning & Kevin Sporer in the afternoon.
 Hopefully the kindy children will return to us for some visits in April.
 Mothers' Day is also fast approaching and I wish all the mothers out there a wonderful day.
 We also welcome back Phillip Wilson to entertain us on the piano accordion. The Catholic Church are also holding a monthly church service at Boneham.
 Have a great Easter everyone.

Love,
Deb & the Lifestyle Team xx

PS Go the Port Power

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

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

"THANK YOU"



eyes down! 

Shrove Tuesday



Birthdays

March

- 12 Sjaan Foster
- 22 David Kavan
- 24 Clive Stevens
- 26 Del Cameron

April

- 04 Neil Skeer
- 13 Pamela Oppermann
- 22 Kathleen Ellery
- 25 Elaine Skeer

May

- 02 Rhyce Smith
- 06 Fred Ellis
- 07 Margaret Gray
- 11 Betty Altschwager
- 16 Joyce Walker
- 19 Sofia Carpino
- 25 Miriam Pelling
- 27 Ellen Angel

**We wish them all
a Happy Birthday**



Just a moment

A police officer stopped at a farm and demanded to search for illegal drugs. The farmer said that was fine but told him to stay away from the bottom paddock as he wouldn't like it. Annoyed by this, the officer says. "Do you see this badge! This badge means I can go where I please, when I please, how I please! You have no authority when it comes to telling me where I can go!"

The farmer nods and politely goes about his business. A short time later he hears screaming and looks to see the officer being chased by a big old mean bull. Just as it looks as though the bull is about to gore the officer the farmer drops his tools and runs to the fence and screams "Your badge, show him your badge!"



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 10.40am on the first Thursday of every month for residents and their families. Michael Filsell and his senior team attend and share information about what is happening at Boneham.

Minutes are available either at the front desk or by email on request.

Café La Fromelles

We are now open for coffee & cake, snacks & light lunches Monday to Friday from 9.30am to 12.30pm



for residents, families and staff



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

- 16 Resident Meeting 10.30am
- 16 Jo & Graham 1.30pm Diva Room
- 17 St Patrick's Day
- 17 Kevin Sporer 1.30pm Diva Room
- 30 Phillip Wilson 10.30am Diva Room
- 31 Happy Hour 2.30pm Diva Room

April

- 06 Resident Meeting 10.30am
- 07 Good Friday
- 25 ANZAC Day service 11.00am
- 28 Happy Hour 2.30pm Diva Room

May

- 04 Resident meeting 10.30am
- 14 Mothers' Day
- 26 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

- Anglican 1st Friday of the month
- Baptist 2nd Friday of the month
- Catholic 3rd Tuesday of 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

Australian Word Search



(there is a mistake - see if you can find it!)

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



ACT
 BRISBANE
 DARWIN
 GREAT BARRIER REEF
 KANGAROO
 NEW SOUTH WALES
 QUEENSLAND
 TASMANIA
 THE GREAT OCEAN ROAD
 THREE SISTERS
 WALLABY



ADELAIDE
 CANBERRA
 ECHIDNA
 HOBART
 LAKE EYRE
 NORTHERN TERRITORY
 SOUTH AUSTRALIA
 THE GOLD COAST
 THE OLGAS
 ULURU
 WESTERN AUSTRALIA



BIG BANANA
 DAINTREE
 EMU
 KAKADU NATIONAL PARK
 MARY RIVER
 PERTH
 SYDNEY HARBOUR BRIDGE
 THE GREAT DIVING RANGE
 THE OPERA HOUSE
 VICTORIA



We loved the ukuleles



out & about



Oh, we do like to be beside the seaside!



Hard at work

