



# BONEHAM BANTER



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### Behind the desk

As the days get colder and wetter, we are reminded that Winter is truly here. Unfortunately, as a result the risk of respiratory illness increases with more indoor activity and less fresh air. You may have noticed staff returning to wearing masks as a precaution and our vaccination program in full swing. If you have any questions with regards to any of this, please feel free to ask our staff who can point you in the right direction. You may have also noticed the garden beds being attended to over the last few weekends by volunteers from the Lions Club. We are truly grateful for the support that the local Community provides to Boneham.

*Michael Filself* Chief Executive Officer



The outcome of the Aged Care Quality and Safety Commission's 3 yearly accreditation visit to Boneham in March has now been provided to us. We are very pleased to advise that they have re-accredited Boneham Aged Care for a full three years through until May 2026.

The assessors found that we met all but one of the 42 standards during their visit. The standard not met relates to annual staff appraisals however, the Quality Commission has accepted our plan to bring this standard back into compliance by June 30th this year.

Three years accreditation is a testimony to the quality of care and support our amazing team of staff provide to residents and their families. We could not be prouder of their efforts every day. The key feedback from the assessors during their visit was how well our team know the needs of each individual resident and how happy and satisfied residents and their representatives are with the support we provide each day.

We are not resting on our laurels however, quality improvement is an ongoing cycle within Boneham and we are always very keen to hear your feedback, suggestions and ideas to improve our services.

### WELCOME

A warm welcome to Ros Davies and Steve Roberts who have joined us in the cottages. Welcome also to new staff members Sue Goldsmith, Jesse McKay, Zali Burns, Monique Nelson, Raj Sidhu, William Wachtel, Sandy Kaur, Kaylei Alcock, Lyn Von Duve, Danielle Mutch, Erica Reynolds, Skye Bowen, Michelle Barber, Juntima Chaiwansut, Georgie Hales, Tegan Joy, Tori Jobson and Lacey Brown. We hope your time with us will be both enjoyable and satisfying.

### Quotes

Hard work never killed anybody, but why take a chance?  
*Edgar Bergen*

My definition of an intellectual is someone who can listen to the William Tell Overture without thinking of the *Lone Ranger*  
*Billy Connolly*

When your children are teenagers, it's important to have a dog so that someone in the house is happy to see you  
*Nora Ephron*



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



### Infection control

Welcome to the Winter edition of the 'Banter'. It is very nice that we are living with Covid-19 more comfortably than we were last year.

We have been reminded of the importance of maintaining good hygiene and infection control practices to minimise the impact of not only Covid-19 but also influenza, respiratory viruses, and infectious conditions such as gastroenteritis.

Thank you to residents, families, staff, volunteers, and other visitors for maintaining ongoing vigilance. We will continue to keep you informed and appreciate your support of our infection control measures.

### Students, trainees, and new staff: Traffic light badges

We frequently support students doing placements in fields such as nursing. We also employ our own trainees and often induct new staff into the workplace.

The students, trainees and new staff are not able to perform all the tasks that our general staff group do and it can be confusing when someone who looks like a staff member is unable to do a job or respond directly to a request without getting help.

To avoid confusion and to clearly identify them, students, trainees, and new staff wear 'Traffic Light' badges to identify that they are not general staff. **RED** BADGES are worn by trainees. They are observers, are getting to know residents and staff and can perform mainly 'non-caring' duties such as bed-making and some meal service. **YELLOW** BADGES are worn by students who can practice most skills under the direct supervision of our qualified staff. **GREEN** BADGES are worn by new staff who are in their orientation period. They are skilled and are familiarising to the workplace under the indirect supervision of staff mentors.

Another advantage of the traffic light badges is that it gives everyone the opportunity to identify the newcomers and make them very welcome as they become part of our great staff team.

Jo McGregor Director of Care

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



All Welcome  
Exercises also  
in Wren

Hello from the allied health team,

With winter weather well and truly settling in over the last few weeks, many will have noticed an increase in arthritic aches and pains.

Last month was Arthritis awareness month here in Australia, so it is a great time to check in to see whether you are managing your arthritis as well as possible.

Research has found that exercise is one of the most effective interventions to manage arthritis. If you need help with managing your arthritic pain, or don't know where to start with an exercise program please ask for a referral to our allied health team and we can assist you.

from your Allied Health team

Emma (Physio), Meg (OT), Cheryl & Louise (AH Assistants)

### allied health

Arthritis &  
musculoskeletal  
conditions account for  
13% of total  
disease  
burden in  
Australia

3.6 MILLION  
Australians  
currently live with  
Arthritis  
This will rise to  
5.4 MILLION  
by 2030

Another delicious treat from our trainee, Heidi. Our residents love these.

### Crown Mint Slice

1 tin condensed milk	200g sweet crushed biscuits (Chocolate Ripple)
1½ tblspn cocoa	1 cup coconut
Icing sugar (enough to cover with)	200g Crown Mints, 1 cup finely chopped

Combine sweet crushed biscuits, cocoa, coconut, icing sugar and crown mints in a bowl and mix together. Add condensed milk and mix.

Roll the crown mint mixture into long thin logs. Sprinkle the logs with icing sugar.

Place the logs onto a tray and refrigerate until firm or overnight.

Cut log into 2cm pieces and serve.

### Kitchen Capers



from Lucy and the kitchen team

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

Hello to all  
 Winter is on our doorstep again, so that means it's nearly lamington time. I will put the order forms out next week. May was national volunteer month so a big THANK YOU to our volunteers who commit their time to us all at Boneham.  
 We have started kindy visits again which we all look forward to. We see so many positive connection from both parties.  
 The craft group has been doing some wonderful projects with Kathy. You are all a very talented bunch.  
 Our footy tipping competition is well underway, with Betty Peek leading the way and Eric Dean right behind her.

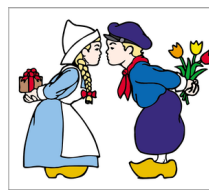
We will also be having Graeme Howie (half of the Howie Brothers) perform for us in July.  
 Last month we celebrated Dutch Day and this week we will be having Italian Day. I think we all enjoy trying the different cuisines from around the world.  
 Well done to all those who did the Nutbush dance to celebrate the life of Tina Turner who recently passed away.  
 To all our new families, if you would like to join our Facebook page, Lifestyle @ Boneham, please contact me. This is a private page so you need to name your family member to be accepted.

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  
 To our wonderful volunteers already giving their time... a big  
**"THANK YOU"**



Dutch Day Menu	
	<b>Entrée</b> Snert (soup)
	<b>Main</b> Hachee with Stampot <small>Served with roasted carrots and sauté purple cabbage</small>
	<b>Dessert</b> Oliebol With Ice Cream
	<b>Drinks</b> Dutch hot chocolate served with Speculaas Iced Tea



**Puppy therapy**



## Birthdays

### June

- 01 Anne McLay
- 02 Pat Richardson
- 06 Jeff Ellis
- 11 Noeline Smith
- 12 Pamela Linnell
- 20 Jane Compton
- 24 Fin Boyle
- 25 Bob Mathison

### July

- 17 Phyl Gurney
- 24 Sheila McCormick

### August

- 04 Barbara Ingerson
- 08 Monica Kenny
- 09 Barbara McCourt
- 09 Maria Prates
- 10 Brenton Walker
- 11 Elvia Cecotti
- 15 Margaret Young
- 17 Gwen Lockwood
- 18 Sandy McLean
- 20 Mary Altschwager
- 30 Margaret Reynolds

**We wish them all a**

## 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 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

### June

- 01 Resident Meeting 10.30am
- 12 King's Birthday
- 30 Happy Hour 2.30pm Diva Room

### July

- 06 Resident Meeting 10.30am
- 28 Happy Hour 2.30pm Diva Room

### August

- 03 Resident meeting 10.30am
- 25 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](http://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 Wed of the month

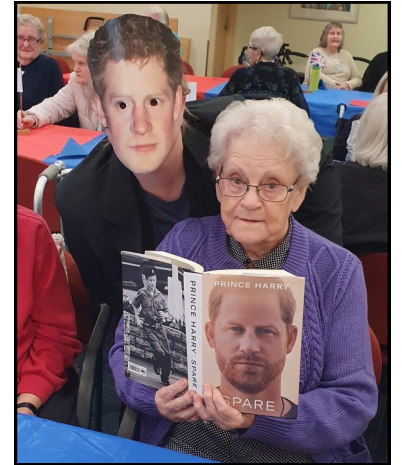
## Comments, Compliments & Complaints

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**.

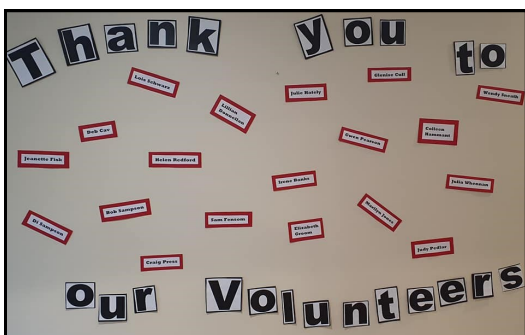
Complaints may also be made online at: [www.agedcarequality.gov.au/making-complaint/lodge-complaint](http://www.agedcarequality.gov.au/making-complaint/lodge-complaint)

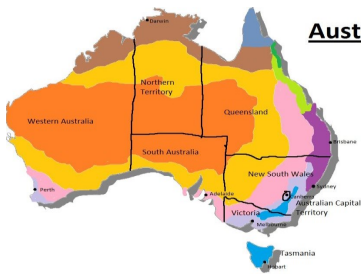


When the kindy kids came to Boneham



Coronation capers





# Australian Weather Quiz



- The El Nino plays a large part in determining the weather in Australia. What is the main ramification for a significant proportion of the country?
  - low rainfall leading to drought
  - constant gale-force winds in summer
  - extremely high ocean and river tides
  - very heavy snowfalls in the interior
- What is the first day of summer in Australia?
  - December 1
  - June 22
  - December 21
  - June 1
- Only found in Western Australia, what is the Fremantle Doctor?
  - a mountain range
  - a breed of dolphin
  - a wind
  - a sandstorm
- Australia is dry, flat and hot, so snow is unknown in most of the country. Which capital cities are most likely to see snow within only 50 kilometres of the city centre?
  - Melbourne and Sydney
  - Hobart and Canberra
  - Perth and Brisbane
  - Adelaide and Darwin
- Which Australian capital city enjoys the same temperature, year round, and only has two seasons, Wet and Dry?
  - Perth, Western Australia
  - Hobart, Tasmania
  - Darwin, Northern Territory
  - Adelaide, South Australia
- Much of the interior of the country is arid or semi-arid, & areas in the eastern & central areas can't rely on rainfall for water. There are also few rivers, so where does the water come from to operate farms & towns?
  - a network of huge pipelines
  - dew
  - trucked in by tankers
  - underground artesian water
- Which of these Australian towns would be most likely to get the highest annual rainfall?
  - Cairns, Queensland
  - Coober Pedy, South Australia
  - Dubbo, New South Wales
  - Kalgoorlie, Western Australia
- Some parts of Australia are drier than others. The city of Alice Springs is almost in the geographical centre of the country, and is surrounded by desert. The locals have a boat race every September on the Todd River, but what happened in 1993 that caused the race to be cancelled?
  - the river had no water in it
  - the river had too much water in it
  - an invasion of crocodiles
  - it snowed
- In Australia, what is a willy-willy?
  - a small inland tornado
  - a weather forecaster
  - a snowstorm
  - a sudden flood
- In 1924, the Western Australian town of Marble Bar set a world record. What was it?
  - most debris from the re-entry of Skylab
  - most cyclones in a calendar year
  - most consecutive days over 100F
  - lowest low tide

ANSWERS  
 1. (A) 2. (A) 3. (C) 4. (B) 5. (C) 6. (D) 7. (A) 8. (B) 9. (A) 10. (C)