



# BONEHAM BANTER



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## Behind the desk



Well, Spring is here and the sun is becoming a more regular fixture. At Boneham that means more outdoor activities, garden maintenance and roof repairs from a cold wet winter.

It also hopefully means a lessening of coughs and colds that seemed to have increased this year post COVID. You will notice that having masks off has lifted the spirit of the staff and allows everybody to share in a smile and a regular conversation. If you have any questions or concerns regarding our current on site management strategies involving COVID please do not hesitate to reach out otherwise here is to some beautiful weather.

*Michael Filsell*

Chief Executive Officer



## WELCOME

A warm welcome to Rolf Petrovic, Dymph Stringer, Lance Skeer, Max Wright, Keith Looby and Mary Altschwager who have joined us in the past few months at our home. Welcome also to new staff members Marek Walczak, Rebecca Smaling, Pamela Walker, Courtney Ferguson, Dilip Thapa, Emma Sorella, Haylee Deverall, Heike Gebkenjan, Sim Bal, Nina Moxon, Olivia Montouri, Katrina Snook and.....welcome back to Yvonne Mitchell & Maryanne Zalme. We hope your time with us will be both enjoyable and satisfying.



## Quotes

We are all here on earth to help others; what on earth the others are here for I don't know.  
*W. H. Auden*

I will always choose a lazy person to do a difficult job because he will find an easy way of doing it.  
*Bill Gates*

Opportunity is missed by most people because it is dressed in overalls and looks like work.  
*Thomas A. Edison*

Before you criticize someone, you should walk a mile in their shoes. That way when you criticize them, you are a mile away from them and you have their shoes.  
*Jack Handey*



**Vision Statement.....** An inclusive, welcoming and contemporary residential aged care service that provides quality care for the elderly and accommodation for the vulnerable in Millicent and surrounding communities.



### Infection control

Welcome to the Spring edition of the 'Banter'. It is very pleasing that we have come through winter with no further Covid 19 outbreaks on site.

I would like to thank families, volunteers, and other visitors for maintaining ongoing vigilance and persevering with RAT testing. It remains our one form of defence in trying to keep residents safe. We acknowledge that it is tedious process. We are happy to provide several RATs at once giving visitors the opportunity to test before coming on site and then providing the test to the receptionist on entry. A very big thank you to staff for their ongoing care and consideration in providing health details and avoiding working when unwell with infectious conditions.

### Guard of Honour

Residents and staff have discussed introducing a 'Guard of Honour' to respectfully farewell residents who have passed as they leave the building. The support has been completely positive. With consent of residents and their families, we will farewell residents with a 'Guard of Honour' in future. Families will be very welcome to be present if they wish to do so. Also with consent, a photograph and brief notice will be placed on noticeboards in each wing to advise of the resident's passing.

The death of a member of our Boneham community is felt deeply and respectfully acknowledging the loss is an important part of the grief process for all involved.

Jo McGregor Director of Care

### **Celebrating Biodiversity Month:**

We celebrate Biodiversity Month every September and promote the importance of:

- connecting with nature
- caring for nature in all its diversity – its biodiversity!

Nature is valuable and we need nature. It provides the building blocks for our survival, such as food, clean air, water, and shelter. Nature also supports our health and wellbeing, and our economy. And while we need nature, nature also needs us.

### **Seek and Find:**

Exploring our biodiversity is a great way to keep us fit and healthy. Exercise can improve physical health in many ways. It can:

- Improve brain health
- Help manage weight
- Reduce the risk of disease
- Strengthen bones and muscles
- Improve your ability to do everyday activities

Can you find the plants and animals pictured right around Boneham?



**Happy Seeking** – From the Allied Health Team: Emma (Physiotherapy), Meg (Occupational Therapy), Cheryl and Louise (Allied Health Assistants)

Something light for Spring from everybody's favourite cook

Maggie Beer's bruschetta base

- 4 slices ciabatta or sourdough (depending on size of base you are after)
- 2 tbspn Extra Virgin Olive Oil
- 1 clove garlic, cut in half

To make bruschetta base, toast both sides of bread in a grill pan on the stove top or on a BBQ. Immediately rub cut garlic clove over the toast and drizzle with two tablespoons of Extra Virgin Olive Oil. Set aside until needed.

Top with your topping of choice: try chopped tomatoes, parmesan cheese or fetta and freshly cracked salt & pepper to taste. Finally, top with fresh basil leaves and drizzle with balsamic vinegar or Extra Virgin Olive Oil.

from Lucy and the kitchen team

### **Kitchen Capers**





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

Hello to all

Spring is in the air, which is great. About time for some warmer weather. Congratulations to our Footy Tipping winners: 1st Betty Peek  
2nd Phyl Gurney  
3rd Eric Dean

Wooden spoon - Brenton Mitchell  
Thank you to all residents who entered. We will be having a hand-ball & kicking competition on the 29th September to celebrate the Grand Final on the 30th. Dress in your favourite footy team colours. We have had some busy months with the kindy children and Millicent High School students visiting us. A big thank you to the schools as a lot of organising goes into planning the visits.

I have been busy helping to organise the program for Wattle Range Seniors' Month in October during which time we will be attending quite a few outings.

We will be holding WRAD (World Rocks Against Dementia) on the 14th September and dressing in purple. There will be a cake stall at reception from 10-12 to raise money for our new bus, so please drop in and buy a cake or two. We will also be rocking along to Kevin Sporer in the afternoon.

Thank you to everyone who bought lamingtons from us. We dipped & rolled over 80 dozen.....

We have had lots of entertainers contact us and some of them have already been in performing for us over the past few months - we are really enjoying the variety.

Well, it won't be long and Christmas will be here again, but for now let's cross our fingers for some warmer weather so that we can shake the winter blues.

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.

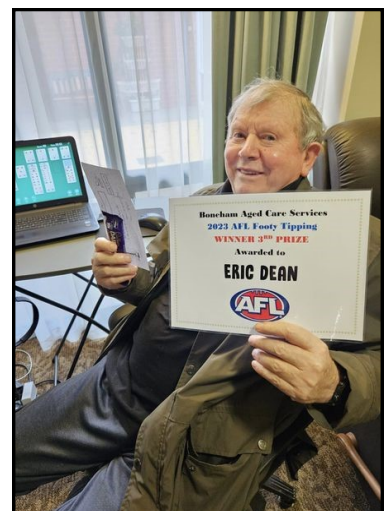
If you are able to help please contact **Deb Cavanagh** for activities and **Judy Little** for the coffee shop

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

**"THANK YOU"**



Top Tipsters



**Happy Friday**

## Birthdays

### September

- 03 Joan Grosser
- 08 Joy Richards
- 09 Ellen Masters
- 09 Mick Peek
- 14 Noel Kent
- 18 Wayne Reynolds
- 27 Verna Fensom

### October

- 02 Ted Davis
- 05 Von O'Loughlin
- 06 Launsley Browne
- 23 Max Johnson
- 26 Joan Kemp

### November

- 01 Margaret Hawke
- 04 Dorothy Campbell
- 11 Mary McCourt
- 11 Maureen Mitchell
- 11 Lesley Giddings
- 15 Jean Sinclair
- 25 Betty Peek
- 27 Joan Skeer

**We wish them all a  
Happy Birthday**



### Just a moment



I was visiting my son and daughter-in-law last night when I asked if I could borrow a newspaper.  
'This is the 21st century, old man,' he said.  
'We don't waste money on newspapers.  
Here, you can borrow my i-Pad.'



I can tell you, that bl\*\*dy fly never knew what hit 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

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.**

There is now a coffee machine located alongside the café for those times when the coffee shop is closed. A gold coin donation towards your drink would be much appreciated and will help to cover any costs.

## Calendar



### September

- 07 Resident Meeting 10.30am
- 13 RU OK Day
- 14 World Rocks Against Dementia Day
- 14 Kevin Sporer 1.30pm Diva Room
- 29 Happy Hour 2.30pm Diva Room

### October

- 05 Resident Meeting 10.30am
- 02 Labour Day
- 27 Happy Hour 2.30pm Diva Room

### November

- 02 Resident meeting 10.30am
- 07 Melbourne Cup
- 11 Remembrance Day
- 24 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)





Our magnificent mural



Kindy kids are always welcome

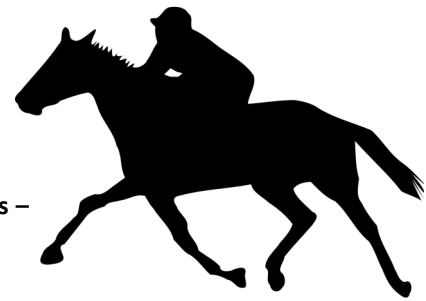


Thank you to Jenny Rigney, Donald Tilley, Steph & MHS students





# Melbourne Cup Fun Quiz



Circle the letter that indicates the correct answer

1. For safety reasons the maximum number of horses that may run in the Melbourne Cup is –
  - a. 16
  - b. 20
  - c. 24
2. The length of the Melbourne Cup race is –
  - a. 3200 kilometres
  - b. 3200 metres
  - c. 3200 centimetres
3. The Melbourne Cup is promoted as –
  - a. “The race that stops a nation”
  - b. “The health food of a nation”
  - c. “The race against time”
4. The winner keeps the Melbourne Cup trophy. The amount of gold in the trophy is in the range –
  - a. 0.5 to 1 kilogram
  - b. 1 to 2 kilograms
  - c. 2 to 5 kilograms
5. In 1965, British model Jean Shrimpton created a sensation at the Melbourne Cup Carnival and caused much discussion around Australia when she displayed –
  - a. no interest in horse racing and its place in Australian history.
  - b. a placard supporting animal rights and freedom for horses.
  - c. her knees.
6. Today’s Melbourne Cup race distance is shorter than the distance of 1861, because –
  - a. today’s thoroughbred horses have longer legs.
  - b. the process of continental drift has moved the finishing line slightly further away from the start.
  - c. with the introduction of the metric system in the 1970s the converted distance was rounded down.
7. New Zealand horse Phar Lap won the Melbourne Cup in 1930 and is now on display in the Melbourne Museum. Phar Lap is perhaps the most famous horse to win the Melbourne Cup. He would be unable to win the next Cup because he is –
  - a. born overseas
  - b. too old
  - c. stuffed
8. If you backed a horse at 10 to 1 to win the Melbourne Cup, you would regard the horse as a loser if it –
  - a. finished first
  - b. finished ahead of the other horses
  - c. finished at half past five
9. Horses in the Melbourne Cup are ‘handicapped’ by being required to carry different amounts of lead as weights, in order to slow down the better horses. This makes the race fairer for those horses with a less successful racing history. The term ‘handicap’ originates –
  - a. from a 17th century lottery game called ‘hand-in-cap’ in which players’ money was placed into a cap.
  - b. from the large caps that were a handy way for top jockeys to hide their identity in the early days of racing.
  - c. from an old practice of setting a limit or ‘cap’ on the number of hands in a horse’s height, in order to make the race fairer by eliminating the biggest horses.
10. The Melbourne Cup is run at the Flemington Racecourse, the largest racecourse in Australia. The name ‘Flemington’ originates –
  - a. from the Flemington Estate, Scotland, the hometown of the wife of the owner of the land through which the original approach road to the racecourse passed.
  - b. from the practice of encouraging horses to sneeze out as much phlegm as possible before a very long race, after it was discovered that horses ran slightly faster when such “flemming” was undertaken immediately before a long race.
  - c. from “f’lemington”, the shortened form of “for a lemon lamington”, the name of the first prize in an early regularly-held horse race between friends at the site.

1. c; 2. b; 3. a; 4. b; 5. c; 6. c; 7. c; 8. c; 9. a; 10. a.

Answers