



BONEHAM



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Behind the desk



We say hello to the Sunshine at this time of year and all the wonderful things it brings in the lead up to Christmas. It has been a time to reflect on the year gone by and to begin to plan for the year ahead. The Commonwealth has kept us very busy with a raft of changes including 24/7 Registered Nursing and mandated care minutes. All of the Boneham team has been working extremely hard in preparation for these changes as well as maintaining business as usual. Our New Bus donation program is progressing well with wonderful support from the local community and residents. I wish you all a safe and merry Christmas for the season ahead.

Michael Filsell Chief Executive Officer



On behalf of the Board, may I wish Season's Greetings to all residents, families and all staff including management, care, catering, lifestyle, cleaning, laundry and maintenance. Take care and please stay safe at all times until we meet again in 2024.
Gwenda Lawlor Board Chairman Boneham Aged Care

WELCOME

A warm welcome to Shirley Bateman, Leigh Altschwager, Joyleen Carlson, Dorothy Edwards & Jennifer Hodgens who have joined us in the past few months at our home and also to Graham McPhan & Elizabeth Wilson in the cottages. Welcome also to new staff members Susan Simmons, Izabella Polifrone, Nicoletta Mustillo, Halli Backler, Tamara Dixon, Megan Lawler, Gyanu Bhujel & Sushil Bhujel Thapa, Koreen Newert, Hannah Moore, Belinda Ridgway, Chrystal Ridgway, Adeline Dyer, Hope Landford, Meah Vincent, Emilia Montuori, Samantha Swift, Michelle Lawson and.....welcome back to Tayla Treacey, Demi De Jong & Melinda Neve. We hope your time with us will be both enjoyable and satisfying.

Quotes

Never worry about the size of your Christmas tree. In the eyes of children, they are all 30 feet tall.
Larry Wilde

My mother-in-law has come round to our house at Christmas seven years running. This year we're having a change. We're going to let her in.
Leslie Dawson, Jr.

What I don't like about office Christmas parties is looking for a job the next day.
Phyllis Diller

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

I stopped believing in Santa Claus when I was 6. Mother took me to see him in a department store, and he asked for my autograph.
Shirley Temple



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.

Care Corner



Welcome to the Summer edition of the 'Banter'. It is very pleasing that we have come through Spring with no further Covid 19 outbreaks on site. With warmer weather and increased social gatherings as Christmas and New Year approach it is important that we remain vigilant. I would like to thank families, volunteers, and other visitors for persevering with the required RAT testing. It remains our one form of defence in trying to keep residents safe. 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.

Reception staff often must manage several tasks at once and your patience and courtesy in understanding this is appreciated.

We hope that residents, families, staff, and volunteers enjoy celebrating Christmas in a way that is meaningful to them and that the New Year holds good health and rewarding times for all.

Jo McGregor Director of Care

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



All Welcome Exercises also in Wren

This quarter in the allied health department saw our much loved Occupational Therapist (OT) Meg start maternity leave. Meg welcomed her second baby boy, Harry to the family last month. If you would like to pass along your well wishes, please ask any of our allied health team.

We have also welcomed our new OT Lucy Moyle to the team. Lucy will be working on Tuesdays/Wednesdays so please be sure to say hello and give her a warm welcome.

Meanwhile residents can continue to access exercises with Cheryl every morning to keep your joints moving and OT/ physio on Tuesdays or Wednesdays - just ask for a referral.

Wishing everyone a Merry Christmas and a safe and happy new year.

from your Allied Health team
Emma, Lucy, Cheryl & Louise



allied health



Meg, Oliver & baby Harry

Did you know



- A 'jiffy' is actually 1/100th of a second?
- That you burn more calories eating celery than it contains?
- An average person will spend 25 years asleep ?
- The dot on top of the letter 'i' is called a tittle ?
- White cats with blue eyes are usually deaf ?

Just old fashioned Christmas shortbreads - with not even a separate list of ingredients!

Shortbreads

Cream 2 cups of icing sugar with 500 grams of butter.

Add 1 teaspoon of vanilla essence and 4 cups plain flour.

Knead into a dough. Roll and cut to desired shapes.

Cook in moderate oven (160° - 180°) for 10 -12 minutes (Don't let them brown).

Either dip them in caster sugar whilst still warm or when cooled, drizzle with melted chocolate.

Kitchen Capers



Merry Christmas & Happy New Year from Lucy and the kitchen team

What's New from the Leisure and Lifestyle Team

Well, well, Christmas is on our doorstep - doesn't time fly when you're having fun?

A big thank you to all our wonderful volunteers. Your commitment to our Lifestyle program is amazing and we appreciate every single one of you. We wish you a wonderful Christmas. Let me know if Father Christmas doesn't spoil you, otherwise he will be hearing from me.

I would also like to farewell Kathy Donnellan from our Lifestyle team. Kathy has chosen to commit more time to her nursing career so, thank you Kathy. We will especially miss your craft talents and your bus driving skills.

Hannah Nitschke will be helping out in the Lifestyle department until Kaitlyn Moore starts with us in February. We will also be introducing a weekend activity program with Ricky Pearce and Trish McRostie.

We have a busy December coming up, with lots of activities planned for all to enjoy. There will be bus trips to see the Christmas lights, carols in the coffee shop and corridors and a Christmas concert.

The Penola pipe band will also be coming in to play for us and Kevin Sporer is scheduled in for another visit before Christmas. So get them voices tuned up and rest when you can!

From us all in the Lifestyle team, we wish everyone a very Merry Christmas and hope you enjoy Christmas with your loved ones.

Thanks to each and everyone of you who have been a part of our programs. From our dancing queens to the kitchen staff, your help is invaluable.

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"

Snapshots from 2023



Birthdays

December

- 01 Eric Dean
- 04 Ivy Allwright
- 13 Maureen White
- 13 Norma Taylor
- 14 Dorothy Edwards
- 18 Myra Gurney
- 28 Diana Aardenburg
- 28 Betty Hale
- 31 Ken Bellinger

January

- 24 William Baird
- 27 Sid Mustart
- 29 Mavis Skeer

February

- 03 Nancy Morrison
- 03 Barbara Burris
- 03 Lance Skeer
- 05 Pat Rodgeron
- 17 Roselea Matheson
- 18 Max Wright
- 24 Ann Bushell
- 28 Joan Ellis

**We wish them all a
Happy Birthday**



Just a moment



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



December

- 07 Resident Meeting 10.30am
- 08 Baptist Church 1.30pm
- 10 Penola Pipe Band 2.00pm
- 11 Christmas Lights
- 11 Child Care visit 10.30am
- 13 Kevin Sporer
- 13 Cottage meeting 3pm
- 15 Anglican Church 1.30pm
- 18 Carols in the corridors 6.30pm
- 20 Catholic Church 1.30pm
- 20 Carols in the Coffee Shop
- 21 Xmas Con cert 10.30am
- 29 Happy Hour 2.30pm Diva Room

Please refer to your weekly activities calendar for information about January & February. No resident meeting in January. 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 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



Breast Cancer Awareness Day

All money raised was donated to the Glen McGrath breast cancer foundation.



Melbourne Cup



Australian Bush Buddies visit!

It's not very often you see a live crocodile in an aged care home!



BIG THINGS AUSTRALIA

The big things of Australia are large structures, some of which are novelty architecture and some are sculptures. In Australia, big things have come to be seen as a uniquely Australian phenomenon, although they emerged at the same time as the so-called Roadside Giants (fibreglass sculptures of things) of the United States. These structures have become affectionately known landmarks scattered throughout the country, with an estimated count of over 600 such objects around the country. There are big things in every state and territory in continental Australia.

Do you know where these big Australian icons are ?



6. The Big Ugg Boots



7. The Big Lobster



4. The Big Avocado



8. The Big Orange



1. The Big Banana



5. The Big Pineapple



3. The Big Prawn



10. The Big Golden Guitar



9. The Big Merino



11. The Big Melon



2. The Big Murray Cod



12. The Giant Koala

ANSWERS

1. Coffs Harbour (NSW)
2. Tocumwal (NSW)
3. Ballina (NSW)
4. Duranbah (NSW)
5. Woombye (Qld)
6. Thornton (Vic)
7. Kingston (SA)
8. Berrri (SA)
9. Goulburn (NSW)
10. Tamworth (NSW)
11. Chincilla (Qld)
12. Dadsweil Bridge (Vic)