

HAPPY NEW YEAR

JALLARAH HOMES

NEWSLETTER

JANUARY 2024

Here's a toast to the future
A toast to the past
And a toast to our friends
Far and near.
May the future be pleasant
The past a bright dream
May our friends remain
faithful and dear.



January

January is the first month of the year in the Julian and Gregorian calendars. It's length is 31 days. The first day of the month is known as New Years Day. It is on average the coldest month of the year within most of the northern hemisphere and the warmest month of the year within most of the southern hemisphere.

January was named after Janus, the Roman god known as the protector of gates, who also symbolizes beginnings and endings. He has two faces, one looking into the past, the other to see the future.



January Flash-back

1933, Cricket legend Donald Bradman scored 103 (from 146 balls) against the bodyline attack in the 2nd test.

1956, Elvis Presley released his first pop single "Heartbreak Hotel", which soon became the No 1 song.

1942, Muhammad Ali, athlete, boxer was born.

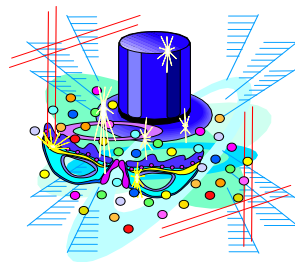
New Year Poem

I can't wait anymore
night getting longer forever more
waiting for a new start
new beginning to play my part.

Resolutions to make
Promise to never break
Chance to make things right
Future prosperous and bright.

New year fills my heart with hope
Delighted am I for the new leap
I welcome 2024 the new year
wishing you all a happy new year.

HAPPY NEW YEAR



T'was the Month after Christmas

T'was the month after Christmas, and all through the house nothing would fit me, not even a blouse. The cookies I had nibbled, eggnog I had tasted at the holiday parties, had gone to my waist.

When I got on the scales there arose such a number! When I walked to the store I had remembered the marvellous meals I had prepared; The gravies and sauces and beef nicely rared, the wine and the rum balls, the bread and the cheese and the way I had never said, "No thank you, please."

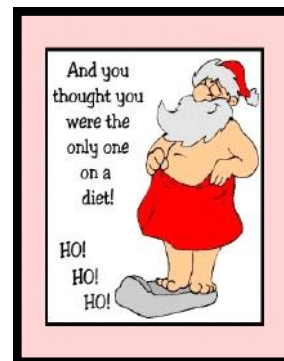
As I dressed myself in my husbands old shirt and prepared once again to do battle with dirt..

I said to myself, as I only can "You can't spend a winter disguised as a man!" So, away with the last of the sour cream dip, get rid of the fruit Cake, every cracker and chip. Every last bit of food that I like must be banished "Till all the additional ounces have vanished."

I won't have a cookie not even a lick, I'll want only to chew on a long celery stick. I won't have hot biscuits, or corn bread, or pie, I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore! But isn't that what January is for? Unable to giggle, no longer a riot.

Happy New Year to all and to all a good diet!



POT LUCK QUIZ

- 1) What is January birthstone?
- 2) What flowers are commonly associated with January?
- 3) What are the most popular New Years resolutions?
- 4) January has 31 days, what are the names of other months that have 31 days?
- 5) The nutcracker ballet is set during what holiday?
- 6) Egg-nog is a type of what?
- 7) In weights and measures, what two letters indicate a pound.
- 8) In what sport might you use "live bait".
- 9) A tanner works mainly with what material?
- 10) Which world city's name means "River of January"?



AUSTRALIA DAY

January 26 commemorates the arrival of the First Fleet in Sydney Cove, but the first of all ships actually arrived at Botany Bay more than a week before, January 18, 1788.

The First Fleet commander, Captain Arthur Phillips rowed ashore at Sydney Cove, raised the Union Jack and proclaimed British Sovereignty over part of the continent in 1788.

The popularity of January 26 did grow and by 1888, "Anniversary Day" as it was then known, was a holiday in all capital cities except Adelaide.

In 1935 all states adopted a common date and name for Australia Day to be held on January 26.

The official name for Australia Day is Commonwealth of Australia.

The symbols for Australia Day is Golden Wattle (flower), Opal (Gemstone), Green and Gold (colours).

Australia is the world's 6th largest country by area. Due to its large size and isolation from the rest of the world, Australia is sometimes known as the Island Continent.





Pot Luck Quiz Answers.

- 1) Garnet 2) Carnations and snowdrops
- 3) To exercise and to lose weight 4) March, May, July, August, October, December
- 5) Christmas 6) Drink 7) lb 8) Fishing
- 9) Leather 10) Rio de Janeiro

Thought for the month!

A glorious sunset, a baby's smile, a beautiful work of art.

Divine essence is everywhere in the eyes of the heart.

On behalf of the residents of Jallarah, we thank the staff for all the beautiful Xmas decorations, the sparkling Xmas tree, bright tinsel garlands in passage.

The colourful Xmas tree.

T. Shirts worn by staff, special thanks to our Lisa who purchased and filled out Xmas bags, full of surprises. Thankyou you Lisa.

Wishing all the Residents lots of Happy days in New Year 2024.

Also on behalf of the residents and Staff at Jallarah I would like to say a big thankyou to our singers and instrument players who played and sang for us on the 19th December, it was a lovely performance that was enjoyed by all/
A big thankyou.

Lifestyle Report

In December we had a very busy month. It started with Xmas craft, the residents made cards to give the school kids, and decorated pine cones. We also decorated foam balls with sequins and pins to put on the Jallarah Xmas tree in the park. We had a visit from the playgroup children, the residents loved seeing the children dancing and singing.

We had 2 exercise sessions, the residents enjoy these sessions.

Our 1st biggest day was the Jallarah Xmas Afternoon tea. We had a good number of families and friends of the residents who attended. Dean was our music DJ, he did a great job and Singing some great Xmas songs. Then there was Gus who pulled the sleigh of presents, Gus did a great job too.

Father Christmas came for a visit and gave out the presents to the residents, he also delivered presents to the residents who stayed in their rooms.

A really big thankyou to Lisa and Caitlin. They both did a fantastic job of setting up the tables with beautiful Xmas decorations and food.

Everyone had a great time, enjoyed their Presents and had a good Xmas afternoon tea.

On one day we also had Xmas baking. They baked Gingerbread cookies which we put in a jar and put out on the tables Christmas day. Everyone said they were very yummy.

Bingo is still a very popular game, lots of residents come out for it.



Our 2nd biggest day was Xmas Day. We had a few families and friends attend the day. It was a very nice food, the careers mixed and socialized with the residents which was nice to see.



We also went to the bowls club for their Xmas tea. We took quite a few residents, who enjoyed the night and the atmosphere.

The bus trips are also very popular, we have 3 a month, 2 go in and around Meningie and the other one we go out for lunch and a longer bus trip.

Wishing everyone the best for 2024, Happy New Year to everyone.







FEEDBACK

Jallarah Homes Inc recognizes the need for an easy to manage, timely feedback mechanism for residents and their representatives. The Information and feedback gathered assists us to respond appropriately and improve the quality of service.

Please use the complaints mechanism to inform us about any issues including cultural safety and discrimination. All complaints will be dealt with sensitively and with respect to privacy issues.

Complainants will be informed of any action taken and the practice of open disclosure will be supported by staff and management.

If you have a complaint you may use any of the avenues below:

- ♦ Ask an advocate to act on your behalf
- ♦ Discuss the complaint with a staff member
- ♦ Complete a feedback form. Staff can help with this.
- ♦ Ask to see the EO/DON

If unsatisfied please Write to the Board of Management c/o Jallarah Homes Inc.

If you are not satisfied with any internal action you may approach the Aged Care Complaints Commissioner on 1800550552. Brochures with the details can be found in the foyer.

FIRE PLAN

**** RESIDENTS & FAMILY MEMBERS ****

There is a copy of the Fire Plan on the back of every Residents bedroom door that gives you directions in case of a Fire, Evacuation or Emergency

Please at all times follow the directions given by staff