

# JALLARAH HOMES

## NEWSLETTER

### JULY 2024

#### A Wintry Night

The sky is dark and the ground is white  
The world is peaceful on this wintry night  
No one around, not a sound to be heard  
Not a laugh, not a cat, not even a bird  
For a moment, it's just the snow and me  
I smile inside  
I feel so free.



July 2024

Well, we have had some rain probably not enough for those wanting to plant crops, but a start at least. The cold and windy weather surely reminds us that it is winter. Please remember to turn on the heater in your rooms if you are feeling the cold – staff can certainly help with this. And if you feel like a nice warm drink please ask staff for your preference whenever you like. Similarly if you would like a snack, help yourself to the fruit bowl table or ask staff for something you would like.

We have finally stopped wearing masks as the number of local cases of COVID has decreased. We need to say a big thank you to everyone for helping to keep COVID out of Jallarah this time. We are still asking everyone to stay away if they are unwell and to test every time they come in.

Currently we are working on increasing care hours as we have a greater number of residents needing more care than previously. This will take some time to be formalised but it is a priority and we are putting in more hours as we can.

Staff have recently had some education regarding palliative care as part of a project. One of the areas of training was regarding Advanced Care Directives (ACD). These documents are completed by everyone and detail the care they would like to receive when they are unable to speak for themselves. This lets loved ones know which care direction to go without trying to guess and possibly argue with siblings or parents. This document can be changed at anytime by the person who owns it. Please let staff know if you would like help to complete one. Staff will be approaching all those who have not completed an ACD to get this done.

Kelly in the laundry is on leave for all of July but she will be covered by the wonderful housekeeping team. If you need something done please ask any of the staff and they will let the right person know.

Recently we changed supplier for our body washing products. You may have noticed a new one in your bathroom. Please let staff know if it does not suit you. Jallarah supplies all residents with toiletries – please let staff know if they run low. We are unable to supply a specific brand but can purchase them for you. Shopping is done fortnightly on a Thursday please see Lisa or the Admin team to arrange items for purchase and payment method.

Big thank you to Friends of Jallarah for the new trailer which replaced the old one which is no longer road worthy.

Shane is testing and tagging all the electoral equipment in the building. He will let you know if anything fails this test as it can no longer be used.

Happy End of Financial Year

Best regards, Wendy

# HAPPY BIRTHDAY

11th April - Marj Strother

These are some of Marj's favorite things.

Book - Mysteries, romance

Colour - Blue

Hobby - reading the daily newspaper

Date of Birth - 11/07/1926

Age - 98

Food - Chocolate, biscuits

Flower - Roses

Activity at Jallarah - Bingo



**HAPPY  
BIRTHDAY!**

# MIDDLE OF WINTER

As the chilling wind caresses my skin again  
I know the queen of seasons has embarked  
on her three months' hike down the path that leads to me  
So I fill my lungs with the ripe smell of autumn  
for the last time, the yellow smell of fog  
that will soon overwhelm the earth in a blanket of innocence.

Hopefully, the human world too will follow suit  
to shed its ochre leaves of fear mongering  
and forget the heavy lure of xenophobia!  
The last winter saw the fall of empires  
and the following spring was lush with nation states  
but by fall they were all proclaiming to be more right than the  
rest!

Will this winter be equal in significance  
and witness the demise of these vile trends  
In politics - seeking wealth instead of welfare  
pursuing war to sell arms instead of peace  
and either opting to remain blind or  
disguising self interest with a gossamer of religion?

O. the winter is nigh, the chill in the wind tells me so!  
Are you ready for the change my fellow citizens of the world?  
If you are, let's form a human chain across the earth, hand in  
hand, indomitable, to make the coming spring, when she  
comes, truly grand!





## Quizzes and True and False.

- 1) What do the letters YMCA stand for?
- 2) Which nuts feature in a Waldorf salad?
- 3) In the traditional song, what does Yankee Doodle stick in his hat?
- 4) Dijon in France is associated with which condiment?
- 5) Silk worms feed on the leaves of which tree, starts with "M"?
- 6) Which fish are used to make Worcestershire sauce?

- 1) Cracking your knuckles gives you arthritis.
- 2) A glass of warm milk makes you sleepy.
- 3) Drink at least eight glasses of water a day.
- 4) Red sky at night, shepherd's delight.
- 5) Counting sheep helps you fall asleep.
- 6) Sitting on a cold wall gives you piles.

# The Care Worker

I wake them up, I get them dressed  
I brush their hair so they look their best.  
I make their bed and wash their clothes  
The little things that no-one knows  
I hold their hand when they are scared  
I talk to them when no-ones there.  
I give them a friend when they are alone  
I treat them like family, like one of my own  
And when its time to save a life  
I keep my heart strong, and hold my head high  
I wait till its over, when everything's done  
When the house has gone quiet, the emptiness comes  
So please don't judge me, when you think I don't care  
I look after your family, when you are not there.



Just a thought.

There are two kinds of people, these who do the work,  
and those who take the credit.  
Try to be in the first group, there is less competition  
there.

# The Volunteer



In our world where we come and go  
At a lightning pace and cannot go slow  
Time is such a rare commodity  
And care can seem like such an oddity!  
The simple act of a loving touch  
And words of care can do so much  
To ease the soul of those who need  
A listening ear or a hand to feed  
While some minds may seem to wander so  
Though they do not have too far to go  
Every one of our residents say  
They love the folks who make their day.

Just a little bight lighter  
And a little but brighter  
Blessed with hope and joy to live  
Thanks to the love a volunteer gives  
There is nothing on this Earth to compare  
To the selfless gift of time and care  
That volunteer's give to all folk here  
Day after day, and year after year!

**VOLUNTEER**



# JULY EVENTS IN ADELAIDE

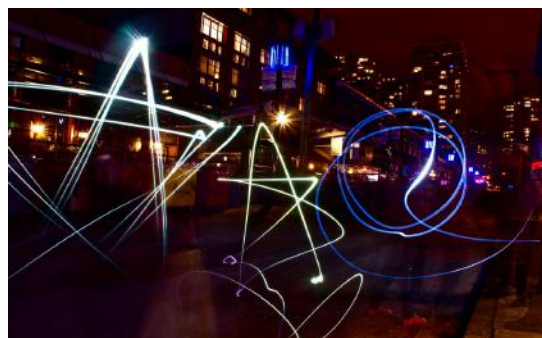
## Glenelg Winter Arts Festival

The Adelaide Fringe's biggest venue, is the Glenelg Winter Arts Festival is being held from the 3rd - 21 July 2024. It is set to welcome some of Australia's top comedians to the bay, as well as a number of fringe favourites taking the stage with brand new music, magic, circus and cabaret shows. On the weekend, there is a market place, and enjoy a number of bars and food vendors.



## Illuminate Adelaide

Illuminate Adelaide is being held from the 4th - 21st July 2024. It has been working audiences with stunning light illuminating in spectacular, collisions of technology, music and art, and this year a range of new experiences are set to dazzle gazes.





# JULY EVENTS IN ADELAIDE

## Willunga Almond Blossom Festival

To be held for two days 29th - 30th July 2024. It is being held at the Willunga Recreation Park for the annual festival. You will find plenty of food, Saturday night fireworks, market stalls, camel and show rides, circus. There will also be performers, an animal nursery, live music and an Almond Hub competition, and an almond cracking competition.



## Naidoc SA Family Fun Day

National Aboriginal and Islanders Day observance Committee week is a national celebration held from 7th - 14 July 2024. It's an opportunity to celebrate and recognize the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. The event will be held at Tarntanyongga/Victoria square, there will be over 50 stalls, including government and non-government organisations, food and a free concert.



# Lifestyle Report

Hi everyone,

The May calendar was again a very full month. We started the month with Mother's Day craft. The resident's made some lovely things to put in their rooms. We also had Maggie making some scones with jam and cream. I heard that the resident's absolutely loved making and eating the scones. She did a great job.

There is an Anglican church service that is held every 2nd Sunday of the month. We also have a church service held every month on a Wednesday. We also have three residents that attend church on a Sunday morning.

The usual activities that we do the residents say they enjoy. We had board games, quizzes, alphabetical white board game, walking group, bingo, birthday celebrations, fine dining, chair yoga, easy moves exercises, bus trips and lastly resident shopping. We did have the ballroom dancers return this month, we had a great turn out of residents to watch them dance, they were clapping and singing to the music.







# Quizzes and True and False Answers.

## Quizzes.

- 1) Young men's Christian association
- 2) Walnuts
- 3) Feather,
- 4) Mustard,
- 5) Mulberry
- 6) Anchovies

## True and False.

- 1) False
- 2) True
- 3) False
- 4) True
- 5) True
- 6) False

Friendship is a ray of sunshine  
Brightening every day  
Friendship is an outstretched hand  
Along life's changing way.





## **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**