

**JALLARAH
HOMES
NEWSLETTER**

JUNE 2024

**Winter
Ice upon the branches
Snow upon the ground
Wind among the evergreens
So cold the distant sounds
Flakes of snow fall heavy
As daytime turns to night
Forest life protected
In a cloud of silver white.**



DON's Report

June 2024 newsletter

As we head toward the middle of the year and the shortest day of the year some rain would be nice. This is, apparently, the latest break we have had in many years.

With the latest budget came the news that the new Aged Care Act will be deferred until next year. We will continue to work towards achieving compliance with the new standards when we are next assessed in 2026. A major change in the new standards is the addition of a food and dining standard. This will mean an extensive review of all the food and dining experiences at Jallarah. We will have many conversations with residents and their families and visitors in the coming months. Staff will receive education about improving the dining experience also. Please let us know, at any time, ideas you may have to improve dining and anything else at Jallarah.

Jilly-Anne is on leave until early July and so everyone in the team is stepping up to fill this gap. In Jilly-Anne's absence please speak to any staff about any issues and myself or another staff member will be able to assist you. There are feedback forms about the facility which can also be completed and left with staff.

As I write this, staff and visitors are still wearing surgical masks due to the high number of local COVID cases. We are monitoring this regularly and will be very happy to stop wearing masks as soon as the case numbers drop. Facilities in Mount Gambier, Naracoorte, Millicent and Murray Bridge have high numbers of cases also.

I enjoyed a lovely afternoon tea with the Independent Living Unit Residents recently and we discussed how they can be included in the rest of Jallarah as they wish. The ILU residents will get a copy of this newsletter and the activities calendar and an invitation to be included if they wish. We will also let them know about immunisation visits and other events that may be of interest to them.

I hope by the time you are reading this we have had buckets of rain

Regards, Wendy

28/05/2024



HAPPY BIRTHDAY

3rd June - Kath Chiesa

These are some of Kath's favourite things.

Book - Bible

Colour - Pink

Hobby - Reading the bible

Watching documentaries

Date of Birth - 03/06/1931

Age - 93

Food - sandwiches

Flower - roses

Activity at Jallarah - Exercise classes

Afternoon Teas



21st June - Julie Cartledge

These are some of Julie's favourite things.

Book - Biography

Colour - pink

Hobby - listening to the radio

Date of Birth - 21/06/1929

Age - 95

Food - Oysters, Pavlova

Flower - roses

Activity at Jallarah—Exercise classes

Bingo

HAPPY BIRTHDAY

23rd June - Eileen Ling

These are some of Eileen's favourite things.

Book - Romance

Colour - Pink

Hobby - Sitting in the Norii Lounge watching the lake and the fountain.

Date of Birth - 23/06/1947

Age - 77

Food - Puddings, Roast chicken

Flower - roses

Activity at Jallarah - Bingo
Afternoon Teas



29th June - Elaine Swan

These are some of Elaine's favourite things.

Book - not a book reader

Colour - Yellow

Hobby - watching TV in her room

Going to the Norii Lounge to socialize

Date of Birth - 29/06/1938

Age - 86

Food - Roast chicken and vegetables

Flower - roses - red

Activity at Jallarah - Afternoon Teas
Bingo

Winter Poem

And the robin flew
Into the air, the air
The white mist through
And small and rare
The night - frost fell
Into the calm and misty dell.

And the dusk gathered low,
And the silver moon and stars
On the frozen snow
Drew taper bars
Kindled winking fires
In the hooded briers.

And the sprawling bear
Growled deep in the sky
And Orion's hair
Streamed sparking by
But the North sighed low
"Snow, snow, more snow!"





ON THIS DAY

June 1, 1919

Guaranteeing women the right to vote.

June 3, 1965

Astronaut Edward, H performed the spacewalk.

June 4, 1946

A total Lunar eclipse took place on Friday on this day.

June 5, 1949

Enid Blyton's wooden toy - 'Noddy' - First appears in the Sunday Graphic

1956

Elvis Presley introducing his new Single, 'Hound Dog'.

June 8, 1947

'Lassie show' debuted on ABC radio

June 13, 1969

Mick Taylor joins the rolling stones

2000

Samuel Jackson is honoured with a Star on the Hollywood walk of fame.

June 14 1980

Theme from 'New York, New York' By Frank Sinatra spreads to 32 on The charts.

June 16 1962

The Beatles world tour reaches Australia.

1874

Game of lawn tennis introduced

June 24 1979

Kakado National Park and The Great Barrier Reef park are both Proclaimed.

June 28 1938

Bradman scored 102 in the 2nd test Cricket at Lourdes.

June 30 1894

London's Tower bridge opens across The Thames.



QUIZ

- 1) What are a group of crows called?
- 2) How many dots appear on a pair of dice?
- 3) Pink Ladies and Granny Smiths are types of what fruit?
- 4) Which ingredient gives beer its bitterness?
- 5) What is the chemical symbol for water?
- 6) Who wrote the novel 'Pride and Prejudice'?
- 7) What Scientist formulated the theory of general relativity?
- 8) Which singer is known as the 'Queen of Pop'?
- 9) What is the name of the fictional city where Batman Operates?
- 10) Which band released the hit song 'Bohemian Rhapsody'?



Quiz answers.

- 1) A Murder,
 - 2) 42
 - 3) Apples,
 - 4) Hops,
 - 5) H2O,
 - 6) Jane Austen,
 - 7) Albert Einstein,
 - 8) Madonna,
 - 9) Gotham City
 - 10) Queen
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Volunteer's

What makes a Volunteer

Its not for money, it's not for fame
And its not for any personal gain.
It's just to lend a helping hand
It's just to give a little to self
That's something you can't buy with wealth
It's not the medals worn with pride
It's just for that feeling deep inside
It's that reward down in the heart
It's feeling that you've been a part
Of helping others far and near
That make you a
VOLUNTEER.

Jallah has a recipe book, and we would love your recipes to add to the book. Staff, volunteers and residents, if you have any recipes that you would like to add to the book, that would be great.



LIFESTYLE REPORT

Hello everyone,

The April calendar was again a very full month.

We are in the process of implementing a Memorial service here at Jallah. We think it will be a good way for residents, family members and staff to remember and reminisce about a resident or someone they have personally lost. I was thinking of an afternoon tea and a chat and reminisce.

We have a church service held at Jallah every 2nd Sunday of the month. It is an Anglican service. There is also on a Wednesday once a month church services to.

We also had the monthly Residents/Consumer Advisory Body meeting, board games, alphabetical white board game which the residents are enjoying playing, walking group, bingo, birthday celebrations, Fine dining, the residents love to hear the piano as they eat tea, chair yoga which is relaxing, I am starting Easy Moves exercise sessions in June. I still do resident shopping residents. We had three bus trips, I did go on one of them and Irene was very informative and did a very good tour trip. I did my very first high tea.

I would like to thank the volunteers for all their support here at Jallah. The volunteers support a number of activities. We have Fine dining twice a month and bus trips.

Thankyou to you all.



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