

JALLARAH HOMES NEWSLETTER

MARCH 2024

The dawn of St. Patrick's Day
Breaks over the hills of far away
And through the twilights purple veil
The sunbeams flash on hill and dale.

The lark's sweet note is on the wing
And round the lakes the wild birds sing
The soft winds whisper through the trees
And hum like bees among the leaves

Then wake the harp and beat the drum
And let the merry dancers come
For on this day, so bright and gay
We celebrate St. Patrick's Day!





March 2024



COVID Outbreak. Thank you to everyone for being patient and vigilant during our latest battle with COVID. We managed to contain it to the Iris Passage and only 4 residents and 2 staff caught it. We were able to declare the outbreak over on Friday 23 only 12 days after it started.

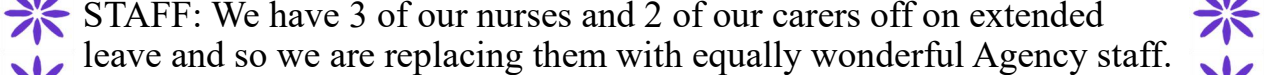


VACCINATIONS: Sandrina is currently investigating and planning for vaccinations for residents and staff. The current plan is for COVID

vaccinations to be given by a Murray Bridge Pharmacist on Tuesday 12th March. Anyone who has not had a COVID vaccination or COVID for 6

months may have a vaccination if they choose to. Also coming soon will be Pneumonia and Influenza vaccinations. We continue to investigate

Shingles vaccinations but apparently these are in short supply. Please speak with Sandrina or Wendy for more information.



STAFF: We have 3 of our nurses and 2 of our carers off on extended leave and so we are replacing them with equally wonderful Agency staff.

It is always good to get a fresh pair of eyes in to review the happenings so if you are asked to explain something please take advantage of the opportunity for someone new to help you.

MEALS: We will be asking you on Monday or Tuesday each week for your menu choices for the following week. Please ask for a copy to keep if you would like one. You are still very welcome to change your mind at any time about what you would like to eat at each meal. Just let the staff know and they will let you know the alternatives available. We are looking into how to change the time of tea to 5.30 after all residents at the meeting this week agreed to the change. We will let you know when the change will start.

MEMORIAL SERVICE: Residents at the meeting this week agreed that this would be a nice way to acknowledge and remember those of our family, friends and fellow residents who have passed away. Please let lifestyle staff (Lisa, Stacey, Margie, Abbie) know if you have any ideas about the format of the service, music or readings that would be nice and we will collate them and develop a service to be approved by residents before we send invitations.



HAPPY BIRTHDAY

3rd March - Barry Hoffman

These are some of Barry's favourite things.

Book - Find word puzzles

Colour - Brown

Hobby - watching TV

Date of birth - 3rd March 1941

Age - 83

Food - Chicken and vegies

Flower - Agapanthus

Activity at Jallarah - Bingo



6th March - Doug Clarke

These are some of Doug's favourite things.

Book - Racing Pages

Colour - Blue

Hobby - Reading the racing paper in the Advertiser

Date of Birth - 6th March 1942

Age - 82

Food - Chicken and vegies

Flower - Roses

Activity at Jallarah - Bingo

13th March - Anna French

These are some of Anna's favourite things.

Book - Take 5 magazine

Colour - Red

Hobby - Sitting in my chair and watching TV

Date of birth - 13th March 1944

Age - 80

Food - Roast and vegies

Flower - Rose

Activity - craft and painting



St. PATRICK'S DAY

Saint Patrick's Day, or the Feast of Saint Patrick, is the Day of the Festival, religious and cultural holiday held on 17 March.

Saint Patrick's Day was made an official Christian feast day in the early 17th century, and is observed by the Catholic Church, the Anglican Communion, Eastern Orthodox Church and Lutheran Church.

The day celebrates the heritage and culture of the Irish in general. Celebrations generally involve public parades and festivals, and the wearing of green attire or shamrocks.

Saint Patrick was a 5th-century Romano British Christian missionary and Bishop in Ireland. He was born in Roman Britain in the fourth century, Patrick was arrested several times, but he escaped each time. He travelled throughout Ireland, establishing monasteries across the country. He also set up schools and churches which would aid him in his conversion of the Irish Country to Christianity.

His mission in Ireland lasted for thirty years. After that time, Patrick retired to County Down. He died on March 17th in 461 AD. That Day ever since has been known as St Patrick's Day.



St. Patrick's Day Poem and Quiz

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Quizzes

- 1) Which Irish emblem did St. Patrick use to explain the Trinity?
- 2) What is the name of the famous dark Irish stout?
- 3) What is the capital of Northern Ireland?
- 4) Why do Leprechauns wear green?
- 5) Name Ireland's first female president?
- 6) Name the famous Irish actress who starred in Miracle on 34th Street?

EASTER

Many years ago, God sent Jesus (his son) into the world. Jesus did lots of amazing things. He spoke about God's love and healed people when they were sick. He had lots of friends and followers, but many religious leaders did not like him. They did not believe Jesus was God's son and didn't like the things he was saying. Eventually, they got so angry with Jesus.

Jesus was then whipped and laughed at then walked all the way up the hill where he died on a large, wooden cross/ That's the story of Good Friday.

The part of the story on Easter Sunday because on that day, some women who were followers of Jesus, went to visit his body, at the tomb where he'd been buried. Instead of finding a tomb with a giant rock, they found an empty tomb and angels.

Jesus showed that he has power over life and death. He died because he loves us and rose back to life so we can have life with him in Heaven after we die. While we are on earth though, Jesus wants us to experience his love and kindness in our lives, so we never have to feel scared, unloved or alone.



Easter Poem and Quiz

What easter means to me
Is down in my heart
The story all about Jesus
It's told from the start.



How he rose that great morning
And rolled away the stone
He did it all alone

Showing all his love
When he got up that great day
As he promised that he would
He'd have it no other way



So there we have it my friends
Because we all are set free
And everyone surely knows
What Easter means to me.

Quizzes

- 1.What is the name of the rabbit in Winnie the Pooh?
- 2.Who do children think delivers their Easter eggs?
- 3.What dried fruit do you find in Hot Cross Buns?
- 4.Where is the most popular Easter Parade held each year?
- 5.Easter Island is part of which country?

St. Patrick's Day and Easter Quiz answers.

St. Patrick's Day.

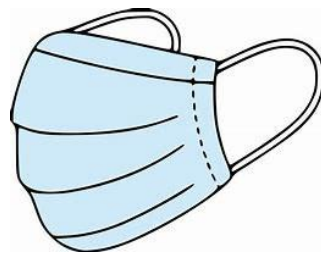
- 1) Shamrock 2) Guinness 3) Belfast
- 4) It helps them hide 5) Mary Robinson
- 6) Maureen O'Hara

Easter.

- 1) Rabbit 2) The Easter bunny
- 3) Raisins
- 4) New York 5) Chile



The Family and Friends of the Jallarah Homes Residents appreciate the care and hygiene given to them during the recent covid scare. All the staff had so many extra duties but still with a smile. Thank you kind staff



Thought for the month.
You're braver than you believe, and stronger than you seem, and smarter than you think.

Lifestyle Report

We are nearly finished three months of the year already, how time fly's. We had a tough first half of February as we had covid in the facility. We could only do a few of the activities on the calendar.

The activities we could do during covid was chair yoga, golf, walking group, bingo, .one Fine Dining, one bus trip, resident shopping, quizzes, a residents meeting and a movie afternoon.

Lifestyle also can out covid packs to residents. They had puzzles, colouring in, pencils and texters in the pack.

I would like to say a big thankyou to the Lifestyle staff for help and patience during this time.

Lisa Flint
Lifestyle Team Leader



GREEK NATIONAL DAY

Greece's National Day is celebrated on March 25th. Although there are a number of other festival days celebrating feast days during the year, with Easter as the highlight. The Orthodox Easter is 50 days after the first Sunday in Lent.

Greece is comprised of approximately 2000 islands, only 166 of which are inhabited. Most of the country is mountainous with less than a quarter of the land suitable for agriculture. Greece has more ancient sites than any other country in Europe and fragments of ancient ruins are seen everywhere. Mythology and the arts have been performed today in the ancient sites in which they were originally staged. Greece is steeped in traditional customs and weddings, funerals and name days all have great significance and their national feast days and holidays, such as the one being celebrated on the 25th are very festive.



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