

JALLARAH HOMES NEWSLETTER

MAY 2024

M is for the many things she gave me
O means there is no other
T is for the tears she cried sometimes
H is for her generous heart
E is for her eyes which shine with love
R is for reflection on what it means to be
Put them all together, they spell MOTHER
A word that means the world to.



Hello May!

The days are getting shorter and colder, but I have to admit that I like it that way! We just need some rain now.

You are probably aware that the Government are putting together a new Aged Care Act and accompanying standards. The plan is that you, the resident and representatives, will have more control over how you live and the relationships you make, or maintain. The Act is currently being delayed, which people are promoting a dim view of, but I would like to point out that the last Act was legislated in 1997. By the time the new Act is enacted, the old Act could be nearly 30 years old. We want to make sure that the government gets it right, as it could sit with us for a very long time.

On many levels, because the Jallah team have the wonderful opportunity of knowing and caring for their residents, this will mean changes in language, improved outcomes and greater individual consultation. From an organizational perspective, there is lots of change to manage as we think about what GREAT quality care means, and what changes we need to implement to reach that target – both big and small.

Some of the changes that have come out of the Royal Commission into Aged Care have already gone a long way towards this. Fairer pay for direct care staff, increased staffing requirements, improved funding, and changed privacy and whistleblowing policies are already having a significant impact on the organisation, the staff and hopefully you.

Wendy and I attended the National Aged Care Provider Conference in Adelaide recently, put on by the Aged Care Quality Safety Commission. There were some practical elements to the conference, like how will providers transition to the new Act and Standards, as well as aspirational elements, like what does ‘dignity’ or ‘excellence in care’ look like? We heard from providers that had been involved in testing of the new standards, and what they learnt from the process and there was a guest speaker at the dinner who was a specialist in change management. Wendy and I were given opportunities to ask questions of speakers, network with other providers and speak directly to the VIP’s.

We are undertaking some consultation with our stakeholders regarding our Strategic Direction for the next 3-5 years. We have invited residents, staff and community to participate in a series of sessions. If you were unable to attend, you can still contribute by going to <https://www.surveymonkey.com/r/PTVX5Z8> or using the QR Code.



I would like to thank you all for your ongoing support. By being involved in the Strategic Planning, providing feedback on our services and joining in with activities and discussions, Wendy and I can lead our wonderful team to great places. I would like to leave you with one last question, and I hope that you might consider sharing your answer with me or the team.....

WHAT DO YOU THINK GREAT CARE LOOKS LIKE?

By Jilly-Anne Strother - CEO

MOTHERS DAY


Your love was like moonlight
turning harsh things to beauty
so that little wry souls
reflecting each other obliquely
as in cracked mirrors
beheld in your luminous spirit
their own reflection
transfigured as in a shining stream
and loved you for what they are not.
You are less an image in my mind
than a luster
I see you in gleams
pale as star-light on a gray wall
evanescent as the reflection
of a white swan
shimmering in broken water.

Your arms were always open
when I needed a hug.
Your heart understood
when I needed a friend.
Your gentle eyes were stern
when I needed a lesson.
Your strength and love has guided me
and gave me wings to fly.







HAPPY BIRTHDAY




3rd May - Lois Taylor




These are some of Lois's favourite things.




Book - puzzle books




Colour - Blue



Hobby - Knitting



Date of Birth - 03/05/1932



Age - 92



Food - Roast chicken, steam pudding



Flower - yellow roses



Activity at Jallarah - bingo




14th May - Trevor Taylor



These are some of Trevor's favourite things.




Book - Gardening and stamp magazines




Colour - Blue




Hobby - planting his plants



Date of Birth - 14th/05/1950



Age - 74




Food - chicken and vegetables



Flower - Iris, liliams'



Activity at Jallarah - Gardening



22nd May - Betty Webb



These are some of Betty's favourite things.



Book - Romance, Mystery, word Puzzles

Colour - Blue

Hobby - crocheting, quilting

Date of Birth - 22/05/1938

Age - 86

Food - Fish

Flower - roses

Activity at Jallarah - Bingo



ON THIS DAY

- May 1, 1840 England releases the first adhesive postage stamp.
- May 3, 1494 Margaret Mitchell wins Pulitzer for "Gone with the wind".
- May 4, 1979 Margaret Thatcher becomes the first female PM of the UK.
- May 5, 1968 Senator Robert F Kennedy is assassinated.
- May 6, 1833 John Deere produces the first steel plow
- May 13, 1965 The rolling stones record "Satisfaction"
- May 14, 1940 Nylon stockings go on sale
- May 25, 1977 Star Wars is released (later known as Episode IV)
- May 29, 1919 Albert Einstein publishes his Theory of Relativity.
- May 30, 1889 The brassiere is invented, receiving a lot of support
- May 31, 1884 Dr JH Kellogg patents "flaked cereal"
- May 31, 2000 Television reality show "Survivor" premiers.



NURSES DAY - Our Nurses, Our Future

International Nurses Day is celebrated around the world every **May 12th**, the anniversary of Florence Nightingale's birth.

Nurses have a significant impact on the well-being of Jallah's residents and families. On International Nurses Day, we want to acknowledge the compassion, professionalism, and round-the-clock commitment of our nurses. We celebrate and appreciate our nurses, and the important role of nursing across our organization.

Please make time to thank a nurses.



VOLUNTEER'S

What makes a Volunteer?



It's not for money, it's not for fame
and it's not for any personal gain.

It's just for love of fellow man

It's just to lend a helping hand

It's just to give a tithe 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 makes you a

VOLUNTEER

ADMINISTRATION

For all you give
for all you do
for working hard
for being you.

For being there
day in day out
THANKS is what
today's about.





QUIZ

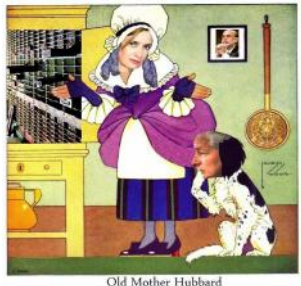
1. Which mother is famous for fairy tales?
2. Who lived in a cupboard?
3. The most popular mothers day gift?
4. Which mother holds the power of the world?
5. What cake is traditionally made on Mother's Day?
6. In the TV series 'Bewitched', what is the name of Tabitha's mother?
7. Name the musical that is based on the songs ABBA?
8. Which animal has the longest gestation period?
9. Elvis Presley sings this song in honour of his mother?
10. Latin for 'mother'

True or False

1. A horse has 18 pairs of ribs
2. We blink 25 times each minute
3. We need 17 muscles to smile
4. Our lungs hold about 1 litre of air
5. Mozart was composing music at age 4
6. Colour blindness affects men more than Women
7. Film star Shirley Temple always had 56 curls
8. James Bond operated as 009
9. Beeswax art paintings last 1000 years
10. Half our body weight is water

Quiz Answers.

1. Mother Goose
2. Old Mother Hubbard
3. Flowers
4. Mother nature
5. Angel cake, simnel cake
6. Samantha
7. Mamma Mia
8. The elephant with 22 months gestation
9. Mama liked the roses
10. Mater



Old Mother Hubbard



True and False.

1. True
2. True
3. True
4. False
5. True
6. True
7. True
8. False - 007
9. True
10. False 66%

Just a thought for the month.

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

LIFESTYLE REPORT

We have had a very busy month this month. The lifestyle calendar has changed format, it seems to be going good, everyone seems to be understand it.

We are now having two church services a month. One on a Wednesday and the other one every 2nd Sunday and that one is a Anglican church service. There is a flyer on the purple board in the dining room stating the date, time and were is is being held.

We have 3 bus trips a month, two going around the community and one being a Mystery trip.

The usual calendar activities are still very popular. Chair yoga, walking group, bingo, fine dining, resident shopping, birthday celebrations, Alphabetical white board game, craft and cooking.

We also had a high tea afternoon tea. The residents enjoyed the food and the atmosphere.

On Anzac day, residents watch the Gallipoli Service on TV, then placed Rosemary at the wreath. All residents were offered a hand knitted poppy to wear for the day. Poppies were made by residents and staff.







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