

**JALLARAH
HOMES**

NEWSLETTER

MARCH

2021



What's New at Jallahah?

Our building work is well underway and we will soon have a new lounge area for the residents to use. Our residents were consulted and told us they would rather have vinyl flooring than carpet. They find it easier to wheel their chairs and walkers on and it is easier to keep clean.

We are on the list for the ASPEN team of vaccinators to come and deliver Covid 19 vaccinations to our residents. Residents are in Goup 1a and will be vaccinated within the next few weeks. Please discuss the vaccination with your loved ones and return consent forms if the resident cannot complete one themselves. The vaccination is strongly encouraged but is not mandatory. Information has been sent to you all via email/ post in January. Please contact me if you have any queries you would like to discuss.

The aged care industry is eagerly awaiting the Royal Commission's report on February 26th. There is a large media campaign currently on the TV and social media asking for a petition to be signed. This is aimed at asking the government to honour the reforms and act quickly to help us deliver better care.

The website below will give you access to the petition. Please sign and support the residents and staff in aged care to make the reform happen.

<https://www.CareAboutAgedCare.org.au>

We have new Registered Nurse with us for the next few months. Please welcome Ryan to the team. He will be covering Bec's spot while she is on maternity leave. We also have 2 new carer's commencing; Deidre and Natalie are new to aged care and will have much to learn over the coming months.

The resident meetings are a source of much information. The dates for the remainder of this year are:

3rd March, 5th May, 7th July, 1st September and 3rd November. All meetings start at 1.30 pm. Residents and representatives are more than welcome.

Please let us know if you will be attending, as sometimes a date may be changed due to unforeseen circumstances.

We are currently working on our strategic plan for 2021-2024. The Board & staff have discussed it and it will be out for residents and representatives to read and give feedback on soon. This is your plan for the future of your home.

Stay happy and healthy
Chris Moran
EO/DON



Leprechauns, castles, good luck and
laughter
Lullabies, dreams, and love ever
after.
Poems and songs with pipes and
drums
A thousand welcomes when anyone
comes.
That's the Irish for you



HAPPY BIRTHDAYS

Birthday wishes to

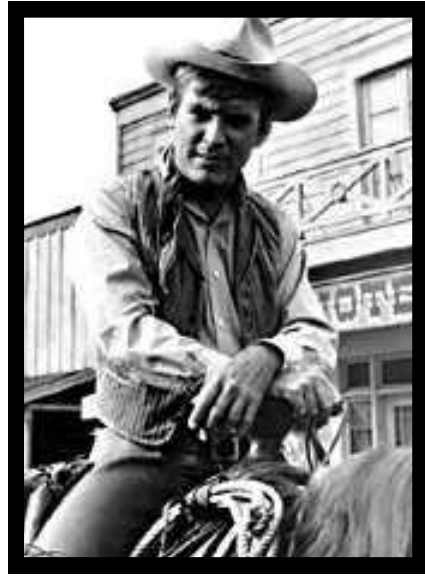
Val Burnett on 5th March
Doug Clarke on 6th March
Bill Robinson on 14th March
Pat Hawkins on 27th March

DO YOU REMEMBER THESE TV SHOWS?

1



2



3



4



5



6



7



The answers are in this newsletter.

ST PATRICKS DAY

St. Patrick was born in Wales to the name of Maewyn around the year AD 385. He was sold into slavery at age 16 by a group of Irish bandits. In this time he became closer to God.

Six years after he escaped from slavery he went to study at a monastery. It was there he was aware his calling was to convert the pagans to Christianity.

Patrick, which was his adopted Christian name, was appointed second bishop to Ireland. He has converted many during his 30 years before he retired. He died on March 17 in AD 461. That date commemorated as St Patrick's ever since.

On his deathbed he urged his friends not to lament, but to celebrate his comfortable exit by taking a small drop of something to drink to ease their pain. By complying with his last words, and out of reverence for his memory, is supposed to have come the Irishman's liking for whisky.

St Patrick is buried in Downpatrick in County Armagh. He founded the cathedral church in 444 at Armagh, which became the centre of Irish Christianity.



May the road rise to meet you
May the wind be always at your back
May the sun shine warm upon your face,
The rains fall soft upon your face,
The rains fall soft upon your fields
And until we meet again
May God hold you in the hollow of His hand.





JOKES



Paddy and Mick were walking through a forest one day when they came across a sign which said "Tree Fellers Wanted" Paddy turns to Mick and says "Now isn't that a shame, if Seamus had been with us we would have got the job."

Did you hear about the Irish Tap Dancer? He fell off the sink.

Two Irishman on an Iceberg:

Paddy: We're saved, we're saved.

Murphy: How so ye know that?

Paddy: Here comes the Titanic.

Did you hear about the Irishman who wanted to be buried at sea?
Six of his mates drowned trying to dig the hole.

Two Irishman were sitting in a 4 engine aeroplane, when the captains voice came over the loudspeaker. "Ladies and Gentlemen, one of the engines has failed, and we will now be 15 minutes late arriving at Gatwick. Please do not worry" Five minutes later he said "Nothing to worry about ladies and gentlemen, but one of the other engines has failed. We will now be one hour late". A moment later he said "Sorry ladies and gentlemen, but we will now be two hours late, another engine has given up.

One of the Irishman tapped his pals shoulder and said: "Good Heavens, Patrick, do you realise the other engine fails, we'll be up here all night"!!!

DO YOU REMEMBER

1. Mr. Ed....Alan Young as Wilbur Post, Connie Hines as Carol Post and Bamboo Harvester as Mr. Ed.
2. Sugarfoot....Will Hutchins as Tom "Sugarfoot" Brewster
3. My Friend Flicka....Johnny Washbrook as Ken McLaughlin and Wahama as Flicka
4. Annie Oakley....Gail Davis as Annie Oakley and Annie's Horse was "Target"
5. 77 Sunset Strip....Ed Byrnes as "Kookie"
6. The Nelsons....Ozzie Nelson as himself, Harriet Hilliard Nelson as Harriet Nelson, David Nelson as himself and Ricky Nelson as himself.
7. Bat Masterson....Gene Barry as William Bartley "Bat" Masterson, Bat's horse was "Stardust"



PUZZLE PAGE

IRISH QUIZ

1. In which century did St. Patrick Live?
2. In Irish folklore which animal did St. Patrick drive from Ireland?
3. A cudgel is a short thick stick used as a weapon. What is the name given to the Irish variety?
4. Which Irish emblem did St Patrick use to explain the Trinity?
5. What is the name given to Irish sprites?
6. What is the name of the famous stout drunk in Ireland?
7. In the Irish song, who was the leader of the band?
8. What might you do in Ireland that will improve your manner of speaking?
9. What is the capital of Northern Ireland?
10. Can you name the capital of Ireland?
11. A type of humorous verse takes its name from an Irish county. What is it?
12. In the famous wartime song 'It's a Long Way' to where?

bed	rise
EARLY	EARLY
bed	rise

B	i	A	t	G
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TRIVIA

1. In which card game do you get a flush, full house and a straight?
2. Which of these plants is not grown from a bulb:- a. crocus; b. azalea; c. hyacinth?
3. In what year did WWII begin?
4. How many items are there in a bakers dozen?
5. Lands End and John O'Groats are the southern and northern extremities of which island?
6. Which car maker makes the Monaro?
7. How many instruments make up a string quartet?
8. How many squares are there on a chess board?
9. In Australia what is the first day of winter?
10. What was the date of Queen Elizabeth 11's birth?

Lifestyle Report for February 2021

Hello everyone, how are we all? The weather has been beautiful so far this month. The residents who go walking in the mornings in our Walking group are really enjoying getting out in the sunshine and fresh air.



A very exciting thing happening here at Jallarah is the extension of the dining room to make a new lounge area. Our residents and staff are always watching the progress of the builders. One of the residents is taking great interest in watching the boys and has said he is the unofficial supervisor.

Church has been reinstated and is going to once a month now as we don't have many residents who wish to attend, and the church members are also low in numbers. It is really lovely to have them back.



A new Memory game was purchased from the Motor Museum this month. We tried it out and it has been popular as a starting point for conversation. There are so many wonderful pictures of cars that we have had in the past which leads to some very in-

teresting conversation.

Chair yoga with Sue is held once a fortnight. Sue encourages the residents to try a variety of easy and gentle moves to keep their fitness levels up.

Lifestyle Report Cont

Quiz ball is an interesting memory game which we haven't used for some time. It is a ball with lots of questions on, you throw the ball to one another. When you catch the ball, you read out the question that your thumb lands on. The residents who participated stated that they really liked this little bit of gentle exercise while having fun and lots of conversation.

Shrove Tuesday was 16th February. We all enjoyed pancakes with strawberries and cream, maple syrup, lemon and sugar or ice-cream. Everyone's eyes light up and "oh yes please" when asked if they would like to share in this treat.



Board games such as dominoes, Chinese checkers, scrabble, line up, jig saws are always popular and are usually played as an individual activity with the residents.



Once a month during supper we have a BBQ lunch cooked by the members of the Meningie Lions. This month's was held on the 17th and is always a treat with ice-creams in a cone.

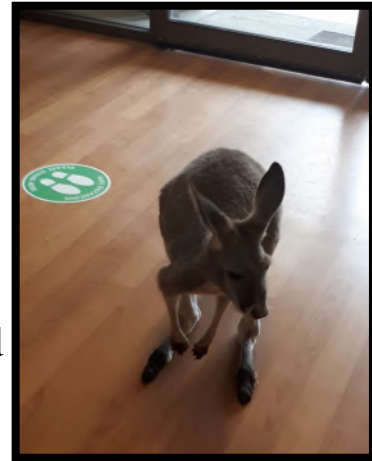
Scenic drives are always very popular, as the residents love to get out in the countryside and see what is happening. One of these drives was out to 7 mile and Warrengie Drive. One of our new residents told staff as they were driving that his father put in the poles in the water that the pelicans sit on.

Lifestyle Report Cont

We had another visit from Doby, the Kangaroo joey. Residents noted how big he is getting!



Some of our resident asked for a bacon and eggs day. So it was decided that we would do a tea with Bacon, eggs, tomato, baked beans and Lemon Meringue pie. The food was cooked on the BBQ by staff. It was a definite hit and enjoyed by all who had it.

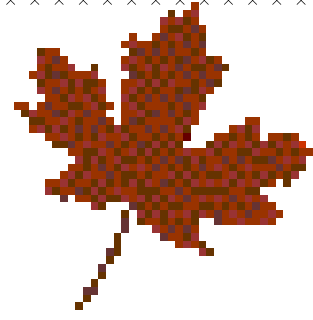


As the month comes to a close, we always finish it off with happy hour and celebrate all those who had birthdays. A few quizzes are played to add to the fun of the afternoon.

Karen Smart
Lifestyle Coordinator



AUTUMN



March is the first month of the Australian autumn. Warm turning to cool weather would be the norm in New South Wales, Victoria, South Australia, Tasmania and the southern parts of Western Australia. In tropical Australia, warm weather is expected to continue with rains and the possibility of cyclones at the Top End as the Wet season continues.

THE NAME OF MARCH

The name of March comes from ancient Rome, when March was the first month of the year and named *Martius* after **Mars**, the Roman god of war. In Rome, where the climate is Mediterranean, March was the first month of spring, a logical point for the beginning of the year as well as the start of the military campaign season. January became the first month of the calendar year either under King Numa Pompilius (c. 713 BC) or under the Decemvirs about 450 BC (Roman writers differ). The numbered year began on March 1 in Russia until the end of the 15th century. Great Britain and its colonies continued to use March 25 until 1752, which was when they ultimately adopted the Gregorian calendar. Many other cultures and religions still celebrate the beginning of the New Year in March



ANSWERS

IRISH QUIZ

1. Fifth Century, 2. The Snake, 3. Shillelagh, 4. The Three Leafed Shamrock, 5. Leprechauns,
6. Guinness, 7. McNamara, 8. Kiss The Blarney Stone, 9. Belfast, 10. Dublin, 11. Limerick, 12. Tipperary.

SECRET SAYINGS

Early to Bed, Early to Rise.....It's in the Bag

TRIVIA

1. Poker, 2. Azalea, 3. 1939, 4. Thirteen, 5. Great Britain, 6. General Motors Holdens, 7. Four, 8. Sixty Four, 9. June the 1st, 10. 21st April 1926



FEEDBACK

Jallarah Homes Inc recognises 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