

JALLARAH HOMES NEWSLETTER

DECEMBER 2023

On the night before Christmas, a child in a house
As the whole family slept, behaved just like a mouse
And crept on soft toes down red-carpeted stairs
Her hand held the paw of her favourite bear.

The Christmas tree posed with its lights in its arms
Newly tinselled and baubles with glittering charms
Flirting in flickers of crimson and green
Against the dull glass of the mute TV screen

The hushed street was in darkness, snow diverted the
cars

A stray cat had embroidered each roof with its paws
An owl on an aerial had planets for eyes
The child at the window stared up at the sky.



HAPPY BIRTHDAY

10th December - Chris Earle

These are a few of Chris's favourite things.

Book - Mystery

Colour - Red, white and blue

Hobby - Sailing

Date of Birth - 10th December 1962

Age - 61

Food - Fish and chips

Flower - Succulents

Activity at Jallarah - Bingo



21st December - Joyce Saddlier

These are a few of Joyce's favourite things.

Book - westerns

Colour - Purple

Hobby - doing find a words

Date of birth - 21st December 1934

Age - 89

Flower - Petunias

Activity at Jallarah - Bingo



The Story of Santa Claus

Santa Claus, legendary figure who is the traditional patron of Christmas in the United States and other countries, bringing gifts to children. His popular image is based on traditions associated with Saint Nicholas, a 4th Century Christian saint. Father Christmas fills the role in many European countries.

The image of Santa Claus was defined by Illustrator Haddon Sundblum. Sundblum's Santa was a portly white-bearded gentleman dressed in a red suit with a black belt and white fur trim, black boots and soft red cap.

Santa Claus is said to live at the North pole with his wife, where he spends the year making toys with the help of his elves. There he receives letters from children asking for Christmas gifts. On Christmas Eve he loads his sleigh with toys and flies around the world, drawn by eight reindeers, stopping at each child's house, he slides down the chimney and leaves the gifts, refreshing himself with the milk and cookies left for him by the children.



The History of the Yule Log

Burning a Yule Log is the oldest Christmas tradition there is. It started even before the first Christmas as a celebration of the winter solstice.

Brought to England from Scandinavia, the Yule log tradition continued with the fire representing the light of the Savior instead of the light of the sun. On Christmas eve, a big log was brought to the house. Songs were sung and stories were told. Personal faults, mistakes and bad choices were burned in the flame so everyone could start the new year with a clean slate.

Once the log was burned, a piece was saved to start the Yule log the next year. The ashes were kept under the bed as a good luck charm to protect the house from lightning and fire.



Christmas Jokes

- 1) The wise men travelled to Bethlehem from the East.
- 2) What is Scrooge's first name?
- 3) In the famous song 'Jingle Bells' how many horses are leading the sleigh?
- 4) What guided the 3 wise men to the birth place of Jesus?
- 5) What 3 small words are the laughter of Father Christmas?
- 6) What 2 colours are candy canes?
- 7) What reindeer's name means lightening?
- 8) Who stole Christmas?
- 9) There are no plums in Plum Pudding!
- 10) Which song repeats the catchy lyrics, pa rum pum pum pum?



Xmas Tree Poem

A tiny tree on a tiny table with tiny lights and
tiny star on top waiting and hoping for a jolly
old man with a large and white beard and
rosy red checks, to stop by with gifts from his
workshop.

Merry Christmas

Carols in the distance
Laughter everywhere
I can smell Christmas
Floating in the air.

Candy canes and bon bons
Angels top the tree
There is presents over yonder
One for you and me.

Tinsel wrapping round and round
Candles light the night
Making Santa's journey
Sparkly and bright.



A very Merry Christmas
To your family and friends
May your new year bring happiness
And may the joyful times not end.

Christmas Jokes Answers.

- 1) True 2) Elbenezer 3) A one horse open sleigh
- 4) The star at Bethlehem 5) Ho Ho Ho
- 6) Red and white 7) Blitzen
- 8) The Grinch 9) True 10) Little Drummer Boy

Thought for the month!

*There is no happiness in having or in getting,
but only in giving.*

You are ACE

ACCPA Please follow this link and nominate
Jallarah or Anyone working
within Jallarah.
Thankyou



Click [here](https://www.accpa.asn.au/ace/), (or copy link <https://www.accpa.asn.au/ace/>) then scroll down to click on the 'nominate here' box.

Staff Training & Education

This is the training Staff have on the Current Training program

- SIRS (Serious Incident Reponse Scheme)
- Defensible Documentation
- Senior First Aid (Including CPR)
- Medication Credentialling



Christmas is a time for Love and Fun.

There is more to Christmas
Than candle light and cheer,

It's the spirit of sweet friendship
That brightens all the year,

It is thoughtfulness and kindness
It is hope reborn again,

For peace, for understanding
And for goodwill to men!

Christmas really isn't about toys

Christmas really isn't about toys
However much we love them, young and old
In time restore its vigor and its health.
So let us not display our absent wealth.
Though children should have ample chance to
play.

More sweet and joyous music must be sung,
And thought of peace and mercy make their
way

Silent and uncluttered through the noise.

Lifestyle Report

Melbourne Cup was on the 7th of November this year. Residents and staff were dressed up in their finery.

We had a lovely afternoon tea with yummy cakes and savoury.

Lots of us were lucky enough to get a place in the sweeps. We also had a prize for your horse coming last.



Jallarah got donated a knitted snakes and ladders game. The residents love to play it.



Chair Yoga and Movement with Katharine is still happening and is in the nori lounge. This gives the residents more room to move. The residents enjoy the sessions very much.

We go out on bus trips each month 2 short bus trips and a long lunch bus trip. This month we went to the Riverside Hotel at Tailem Bend. It was a lovely lunch overlooking the River Murray.



Bingo is very popular and very competitive. Most days there is approximately 8 - 10 residents. Careers will join and help some residents who need a bit of a hand. Winners are excited to get a chocolate.

Remembrance day was on Saturday this year. Some residents came out to the dining room with careers to have a minute silence. The tables were decorated with a poppy and some rosemary on each table.



The residents also helped decorate the Xmas tree and put decorations around the Nori lounge and the dining room.





AUSTRALIAN JINGLE BELLS

Dashing through the Bush, in a rusty Holden Ute, kicking up the dust, esky in the boot, kelpie by my side, singing Christmas songs, it's summer time and I am in my singlet, shorts and thongs.

Oh! Jingle bells, jingle bells, Christmas time is beautiful, Oh what fun it is to ride in a rusty Holden Ute.

Engine's getting hot; we dodge the kangaroos, the swaggie climbs aboard, he is welcome too. All the family's there, sitting by the pool, Christmas Day the Aussie way, by the barbecue.

Oh! Jingle bells, jingle bells, Christmas time is beautiful. Oh what fun it is to ride in a rusty Holden Ute.

Come the afternoon, Grandpa has a doze, the kids and Uncle Bruce, are swimming in their clothes. The time comes 'round to go, we take the family snap, pack the car and all shoot through, before the washing up.

Oh! Jingle bells, jingle bells, jingle all the way, Christmas in Australia on a scorching summers day, Hey! Jingle bells, jingle bells, Christmas time is beautiful. Oh what fun it is to ride in a rusty Holden Ute.





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