

# JALLARAH HOMES

## NEWSLETTER

MAY

2021

*“Happy Mother’s Day” means more  
Than have a happy day.  
Within those words lie lots of things  
We never get to say.*

*It means I love you first of all,  
Then thanks for all you do.  
It means you mean a lot to me,  
And that I honour you.*

*But most of all, I guess it means  
That I am thinking of  
Your happiness on this your day,  
With pleasure and with love.*

**HAPPY MOTHERS DAY  
TO ALL  
THE MUMS  
AT  
JALLARAH HOMES**



**HAPPY  
BIRTHDAY**



Birthday wishes  
go to:

Have a  
Great Day!

14th May - Trevor Taylor

16th May - Ian Johnson

Birthstone for May is the Emerald.

Flower for the month is Lilly of the  
valley *meaning* Return of  
happiness.

The Australian flower for the month  
of May is the Chrysanthemum.



*Thought for the month:*

A smile is a curve that straightens out a lot of things.

**A FRIEND**

If I could catch a rainbow, I would do it just for you and share with  
you it's beauty on the days you're feeling blue.

If I could build a mountain, you could call your very own. A place to  
find serenity a place to be alone.

If I could take your troubles I would toss them in the sea, but all these  
things I'm finding are impossible for me.

I cannot build a mountain or catch a rainbow fair but let me be what I  
know best, a friend that's always there.

Growing old is mandatory, growing up is optional.

## What's new at Jallarah?

Hello Everyone,

I am happy to say that the new Lounge room is complete and also the two-bathroom renovations have also been completed. It is lovely to have the building frenzy over.

Furniture has been ordered from Crown furniture. We have started with two double lounges and four single chairs and will progress on from there. The blinds are in place but we are looking at some tinting or alternative for the high windows as the glare is most annoying.

A new air-conditioner will be required for the dining room as the old one gave up shortly after the building works were completed. We will have this work undertaken shortly.

All residents have been given their first Pfizer Covid 19 vaccination. No one experienced any adverse reactions apart from the usual sore arms. The second vaccination will take place on the 5<sup>th</sup> May.

Fluvax immunisation will be arranged two weeks after the second Covid vaccination. Most staff have now had their influenza vaccination. **It is mandatory that all staff and visitors have influenza vaccinations before the end of May or they will not be permitted to enter the premises.** Please spread the word! Fluvax is available from your Doctor or Pharmacist.

### Dignity of Risk and Supported choice

The charter of Aged Care Rights clearly states that residents have the right to take risks. Right number 7 states:

“I have control over, and make decisions about, my care, and personal and social life, including where the choices involve personal risk.”

An example of risk may be where a resident has been assessed as needing to have a modified diet for safe swallowing, but the resident wishes to maintain a normal diet.

In this case the Director of Nursing or proxy will explore the risks with the resident and/ or representative to ensure they are aware of the consequences. Some strategies may be put in place, such as eating in the dining room where staff are close at hand. Sometimes a mutual solution cannot be reached, the advice given will be documented and signed to prove that the resident was fully informed prior to making their decision. The Doctor or Allied Health professional may be involved in the discussions along with the RN and family. The supported choice form is reviewed every 4 months with care plan reviews. Every assistance will be provided to ensure the residents wishes are met.

This is my last newsletter to you but I will catch up with you from time to time.

Stay happy and healthy,  
Chris Moran (EO/DON)

# MOTHER'S DAY



The earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece in honor of Rhea, the Mother of the Gods.

During the 1600's, England celebrated a day called "Mothering Sunday". Celebrated on the 4th Sunday of Lent. "Mothering Sunday" honoured the mothers of England.



During this time many of the England's poor worked as servants for the wealthy. As most jobs were located far from their homes, the servants would live at the houses of their employers. On Mothering Sunday the servants would have the day off and were encouraged to return home and spend the day with their mothers. A special cake, called the mothering cake, was often brought along to provide a festive touch.

## WHO WOULD BE A MOTHER

So many times when we were young, I'd hear my Mother say, "who would be a Mother?". Why did she speak that way?



I know that sometimes we were sick, or we wouldn't go to school, but they were only little things, that shouldn't worry her at all.

We'd leave our bedrooms in a mess, we'd stay out late at night, but I don't know why she worried, we knew we were all right.



We wouldn't eat our veggies, 'cause we liked our pies and buns, and when she caught us smoking, she went on about our lungs.

There were so many little things, that made her make a fuss, and I couldn't understand it, 'cause they never worried us.

Well now that I am married, and children I've got three, those words my Mother used to say, keep coming back to me.

That phrase she would so often use, when to her feelings she'd give vent, God, "Who would be a Mother?". Now I know just what she meant.



## Name the young of these animals

1. (example) Dog answer is puppy
2. Bear
3. Beaver
4. Cow
5. Eel
6. Elephant Seal
7. Kangaroo
8. Guinea Fowl
9. Zebra
10. Rat


## True of False

1. A dingo can't bark?
2. Vegemite was invented in Britain?
3. Margarine is usually made from vegetable fat?
4. Ayers rock is known as Uluru?
5. The Pope lives in the White House?

## Trivia

1. What colour whale was Moby Dick?
2. Where are an elephant's nostrils?
3. Do ferns have flowers?
4. Do peanuts grown on a shrub or underground?
5. Which sea separates Australia and New Zealand?
6. What colloquially is a cackle berry?
7. What does GMH stand for?
8. What sort of animal is a Spitz?
9. Which year was the Sydney Harbour Bridge completed?
10. The month of July was named after which Roman ruler?

## Questions for human stupidity

1. Why sheep don't shrink when it rains?
  2. Why they are called apartments when they are all stuck together?
  3. Why they call the airport "the terminal" if flying is safe?
  4. Why they don't make the whole plane out of the material used for the indestructible black box?
  5. Why doctors call what they do "practice"?
  6. Why "abbreviated" is such a long word?
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## MAY HAPPENINGS

6th - International No Diet Day

8th - The 76th Anniversary of the end of World War 11

17th - 21st - National Volunteers week

12th - International Nurses Day

12th - Limericks Day

15th - 20th - Royal Flying Doctor Service Week



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

Australian Dance week was begun over 20 years ago with lunch time performances in Sydney.

No Diet Day was established in 1992 by Mary Evans Young, The director of the British anti-diet campaign Diet Breakers. Mary is a recovered Anorexic.

## ANSWERS TO PUZZLES

### ANIMAL YOUNG

1. puppy 2. cub 3. kit 4. calf 5. elver 6. weaner 7. joey 8. keet  
9. foal 10. pup

### TRUE OR FALSE

1. true 2. false 3. true 4. true 5. false

### TRIVIA

1. white 2. at the end of his nose or (trunk) 3. no 4. underground  
5. Tasman 6. egg 7. General Motors Holdens 8. dog 9. 1932  
10. Julius Caesar

# Lifestyle Report

Over Easter, Hot Cross buns were served for afternoon tea on all 4 days. Everyone loved an easter bun fresh or toasted with butter. The Easter bunny arrived at Jallarah and left some lovely chocolate eggs for our resident to enjoy.

The 4/5 class of Meningie Area School have started writing to the residents again. Before our 1<sup>st</sup> letter arrived, they sent up an Easter rabbit made from face washers with an Easter egg inside it for every resident. The residents were amazed and very thankful to receive such a lovely gift. Straight after Easter we started our letters back to the children. I delivered the letters to the school with some bags of chocolates for the children to share.

Sue comes once a fortnight on a Thursday afternoon to do Chair Yoga with the residents. Yoga is held in the Western Lounge for those of us who are able to join in. Sometimes members of the community join in with us. It is lovely to have the community members.

Scenic Drives are very popular activity here at Jallarah. We are able to take 3 residents in the Jallarah car. There are many different places to go for beautiful scenic drives around our wonderful district. Most of the time there are lots of wildlife to be seen and always animals like dairy cows, beef cows, sheep, horses, and goats.

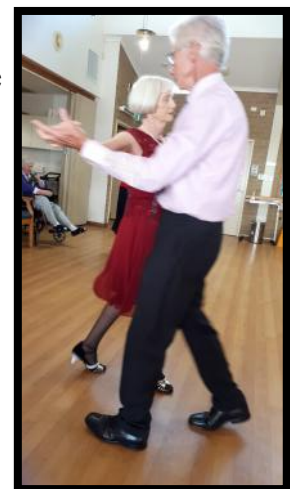
This month we have many different quizzes. Many of the questions are easy to answer but some are just too hard, and we end up going on “Mr Google” to find the answer. Often these question let us to lots of very interesting discussions.

The Lutheran Church Members and Father Peter from Coonaplyn came to conduct their service on the 14<sup>th</sup> of April. There are a few residents who like to attend these services and mix with the community members.

We quiet a treat on the 15<sup>th</sup> of April when we had the Old Time Ballroom Dancing members come to dance for us. It has been approximately 1 ½ years since they were last here. Nearly all our residents came out to watch their beautiful and graceful dancing. Everyone reminisced about the times when dancing



was a Saturday night event and you dressed up to the nines. A break was held in the middle of the dancing for afternoon tea.



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## Lifestyle Report cont

'Bugs' is played with a dice, you throw a 6 to get a body, then you can start to add all body parts with other numbers on the dice. The winner is the first person to get the bug completed. It often takes a very long time to get your bug finished, we have lots of laughs trying to get there though.

ANZAC Day was on a Sunday this year. Our service was held at 2pm in our main lounge. This year Tim Overette from the RSL came to do our small, but respectful service. Afternoon tea was served with cakes, ANZAC biscuits, tea and coffee.

Fine Dining was held on every second Tuesday evening this month. Nancy Burgoyne played the piano on the first evening and the second, we had

the wonderful Prue Cartledge singing for us.

We have not been allowed to have the kindy or school students enter our home since the being of the Covid-19 lockdown. This has now been lifted and the students who have been corresponding with our residents during this lockdown come in for a visit. The residents were thrilled.

We have many small boxes that contain small jigsaws. Most have a beautiful picture on them. Anyone can do them at any time, but some we do them as a group activity. They are fun to do, and most people can do work unassisted.

Happy Hour / Birthdays come around pretty quick as the months go by so quick. This month we celebrated Bryan Clarkson, Helen Smith, Peter Robinson and Kath Cram's birthdays.

Mother's Day is coming fast 9<sup>th</sup> of May, so I would like to wish all Mothers and Grandmothers a Happy Mother's Day.





# FLORENCE NIGHTINGALE



*May 12th is International nurses day*

*It is celebrated around the world every May 12th*

*On the anniversary of Florence Nightingale's birth*

1820, Florence [Italy]—died August 13, 1910, London, England, British nurse,

statistician, and social reformer who was the foundational philosopher of modern nursing. Nightingale was put in charge of nursing British and allied soldiers in

Turkey during the Crimean War. She spent many hours in the wards, and her night rounds giving personal care to the wounded established her image as the “Lady with the Lamp.” Her efforts to formalize nursing education led her to establish the first scientifically based nursing school—the Nightingale School of Nursing, at St. Thomas’ Hospital in London (opened 1860). She also was instrumental in setting up training for midwives and nurses in workhouse infirmaries. She was the first woman awarded the Order of Merit (1907). International Nurses Day, observed annually on May 12, commemorates her birth and celebrates the important role of nurses in health care.

Her mother was a strong supporter of the abolition of slavery and Florence came to dislike the lack of opportunity for females in her social circle. Florence spent her summers in London and became interested in caring for the sick.

During this age, employment as a nurse required no education or intelligence and was considered employment lower than a prostitute. The founder of modern nursing chose a life a service of others. Florence spent the next eleven years in hospitals of London and Egypt. It was during a visit in Alexandria she met with two nuns and was impressed with the discipline and organization compared to her previous experiences in nursing. She paid a visit to the Institute of Protestant Deaconesses at Kaiserswerth where she witnessed the care of the destitute had grown into a training school for women teachers and nurses.

This is when Nightingale envisioned the vocation of nursing for ladies. With her observations of the past eleven years and her training she accepted an administration post as the superintendent of the Hospital for Invalid Gentlewomen. The following year the Crimean War broke out and conditions for the injured became more than harsh. The team of 38 nurses and Nightingale answered the Secretary of War’s request and set up service in Scutari. The area was lacking in food and supplies but made up for it filth and vulgar orderlies. Despite the circumstances Nightingale and her group of caretakers created a working hospital and forty six more ladies joined the group. Despite improved conditions, Nightingale did not allow any woman in the facility after 8pm except herself. This is where the wounded warriors pinned Florence with the title “Lady of the Lamp”.

Cholera and Typhus claimed seven doctors and three nurses. Over the next year the hospital had over 2000 patients and a death rate of 42%. Sanitary reforms were brought in and the death rate lower to 2%. A year later Nightingale used her experiences from the War to start a training school for nurses. Nightingale never really regained her health from the experiences of war. She retired in England as an invalid. She continued to pen her experiences and wisdom and in 1857 wrote Notes on Matters affecting the Health, Efficiency and Hospital Administration of the British Army. When the Mutiny in India broke out, Nightingale authored her recommendation of sanitation and famine. Notes on Nursing was created. Florence was recognized with numerous awards and credits for her service and accomplishments. She died in London in 1910 at the age of 90.

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**