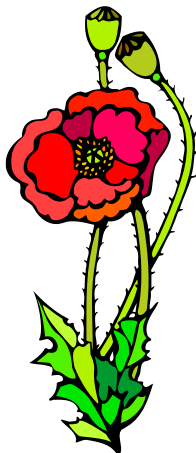


JALLARAH HOMES Newsletter

November 2023

Remembrance Day

A time to reflect
At the going down of the sun
And in the morning
We will remember them.



Director of Nursing Report

I have now been interim Director of Nursing at Jallarah for almost a month. Thank you for making me feel so welcome. Jallarah continues to recruit to find the right person for this position long term. My door is always open and I would love to hear from you if you have any issues you would like to discuss with me. Clinical nurse Komal or the Registered nurses are also available if you have anything health related you would like to talk about.

I find myself still wearing jumpers and cardigans to work, it's still so cold. According to the experts, we are in the 3rd La Nina weather pattern. Basically this means we will likely have a wet summer and it will probably last until April or May. This is compounded this year in particular, by unusual winds from the Indian Ocean blowing across Western Australia to the South East of the country. Personally I am hoping we will see some sunny days which I think we will but it will be much like last summer which was a much milder summer with rain. Some people may be happy about that, likely no 40 degree days!

With warmer weather approaching it is very important to increase your fluid intake. Keeping hydrated is good for your skin and overall wellbeing. It helps ward off infections too. I suggest you try to drink 6-8 full glasses of water or cordial a day.

Remembrance Day

Like many other countries where it is observed, Australia's Remembrance Day is on November 11. The holiday is dedicated to Australian soldiers who lost their lives in World War I and onwards. As an act of solidarity, citizens observe a minute of silence to pay their respects to the deceased, who died fighting while protecting the nation. Initially known as Armistice Day, the Australian Government adopted the United Kingdom's proposal of renaming the day to Remembrance Day. Remembrance Day was observed for the first time in 1919 by the British Commonwealth. The day was originally named Armistice Day in commemoration of the armistice agreement signed by Germany on Monday, November 11, 1918 — the 11th hour of the 11th day of the 11th month.

Compliments and Complaints

It is important to us to get things right for you. If something isn't right please let us know by completing a complaints form, staff can assist you with this. The forms are in holders scattered around the home. We don't see this as a complaint, we see it as a way to improve delivery of our service and we will always come to see you and discuss how we can improve. The forms also have a provision for compliments so you can also tell us what we are doing well. Both compliments and complaints are documented in a monthly register and reported to the board each month.

Lifestyle/Activity Survey

In line with the Aged care quality standards, so that Jallarah can continue to keep improving and involve the residents in choice, Jallarah will be providing residents with a lifestyle/Activity survey in the next few weeks. Volunteer Lesley Bubner will be assisting us and you with completing the survey. Once they are all completed we will collate all the answers and notify you of the results at a resident meeting to follow this and some discussion.

Carol Vlachos
Acting Director of Nursing

HAPPY BIRTHDAY

24th November - Ken Strother

These are a few of Ken's favourite things.

Book - Stock journal

Colour - Green

Hobby - Photography and looking out at birds through my binoculars

Date of birth - 24th November 1948

Age - 75

Food - fish and chips

Flower - Daffodil

Activity at Jallarah - bus trips and lunch



Famous November Birthdays.

Anthony Hopkins.

Anthony is a Welsh actor, director and producer. He has academy Awards for best actor in a leading role. He is known for his performance on the screen and stage.

Anthony's Date of birth is 31/12/1937. He is 85.

Don Johnson.

Don is an American actor, producer and singer. He won a Golden Globe and received a Primetime Emmy award nomination for his work in the role.

Don's Date of birth is 15/12/1949. He is 73.

Bebe New Wirth.

Beatrice is an American actress, singer and dancer. Known for her roles on stage and screen, she has received 2 Emmy awards, and a drama Desk award.

Bebe's Date of birth is 31/12/1958. She is 64.





REMEMBRANCE DAY

The central element of Remembrance Day ceremonies is the one minute silence.

At 11am on the 11th of November 1919, Australians, for the first time, paused and stood in silence tribute to the men and Women of the Australian Imperial Force who died on battlefields in the Middle East, Gallipoli and Europe.

In 1997 the Governor-General issued a Proclamation urging all Australians to observe the one minute silence on Remembrance Day. It is still appropriate for two minutes silence to be observed.

In the lead-up to the 11th of November each year, the RSL sells red poppies for Australians to pin on their lapels, with proceeds helping the organisation undertake welfare work.

Since 1921 wearing a poppy has enabled Australians to show they have not forgotten the more than 102,000 Australian servicemen and women who have given their lives and conflicts during the past 100 years.



MELBOURNE CUP

The Melbourne Cup is held on the 1st Tuesday in November.



The Melbourne Cup is one of the world's most challenging horse races. The race is run over 3200 metres and is a handicapped race. This means, theoretically, that the better the horse is the more weight it has to carry.

The Cox Plate is considered the race most likely to provide an insight into a horse's form and likely Melbourne Cup performance, but even this is unreliable.

PHARLAP

Phar Lap was a large horse, he was 17 hands high, with powerful leg muscles and a strong heart, which after his death was discovered to be one of the largest ever found in a racehorse. Although he was known as a stayer, a horse that performed well in races over a long distance, he was equally a Successul at sprint races.



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POT LUCK QUIZ

1. What is the name of the sweet liquid collected by bees?
2. What 3 letter word is the name of a fox's home?
3. Do reptiles have cold or warm blood?
4. What do you call a Church bench?
5. An activity or sport where we glide along solid ice is?
6. We use these on a clothes line to hang washing?
7. A handheld device to kill flies?
8. Which animal is said to have got your tongue if you don't speak?
9. Corn is grown on a what?
10. Milk comes from which part of a cow?
11. In sea-going terms, what is the opposite of Port?

MENINGIE TURTLES

Australia is home to more than 20 species of freshwater turtles, which commonly live in and around rivers, lakes, swamps and ponds, including farm dams.

In South Australia, there are 3 types of freshwater turtles:

- Murray short-necked turtle
- Eastern long-necked turtle
- Broad-shelled turtle.

Turtles play a key role in our freshwater systems. One particular function they perform is keeping waterways clean and cycling nutrients in freshwater ecosystems. Turtle scavenging removes fish carcasses from the water up to five times faster than natural decomposition, helping to keep our rivers clean. Unfortunately, due to adverse changes within their habitat and predation of turtles and nests, freshwater turtle numbers are in serious decline.

The Murray lands Landscape Board plays a key role in the preservation of turtle habitat through the management of the regions wetlands, by creating optimal food security to improve the reproductive rates of turtles by providing females with the energy required to produce and lay eggs.

MENINGIE TURTLES CONT.

What can we do?

November is Turtle month. It is the peak nesting time for many turtle species.

Record any turtle sightings and nesting locations. If you find a turtle on the road, move them to a nearby safe place in the direction they were travelling.

Leave snags in the water. Snags provide habitat and shelter for the turtles, which is important for broad-shelled turtles.





Pot Luck Quiz Answers.



1) nectar. 2) Den. 3) cold. 4) pew.

5) skating. 6) pegs. 7) fly swat. 8) cat.

9) cob. 10) udder. 11) starboard.



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Thought for the month.



When you are looking for a friend don't look for perfection, just look for friendship.



Lifestyle Report.

October was a busy and interesting month for Lifestyle.

Labour Day started the month with a public holiday.

We have exercise sessions, the residents enjoy both of them. They get some enjoyment and fitness from the sessions. We also had 3 bus trips 2 were driving around the Meningie area and the other one went to Wellington Hotel for lunch, the residents enjoy all the bus trips.

We have been having Movie days which the residents enjoy, watching a movie and having an ice cream for a treat.

I have been organizing craft days once a month, which the residents enjoy. They like getting together for an afternoon of craft and having a chat.

We have a new game of snakes and ladders, it is knitted and was donated to us by Pauline which the residents have played and enjoyed playing the game.

Lifestyle report cont.

We had a lovely BBQ lunch, the amazing Lions Club came to cook for us and they did a great job. The residents liked the lunch, it's a change from the usual meals.

We have the usual activities, which the residents enjoy. Bingo is a favourite, walking group, board games, fine dining, golf, quoits and birthday celebrations.



November Events.

- * 1st November - All Saints Day for Christmas
- * 3rd November - Culture Day
- * 4th November - National Pharmacies Christmas Pageant in Adelaide
- * 7th November - Melbourne Cup Day
- * 11th November - Remembrance Day
- * 13th November - World Kindness Day
- * 13th November - Caregiver Appreciation Day
- * 14th November - Young Readers day
- * 14th November - World Diabetes Day
- * 16th November - International Day of Tolerance
- * 17th November - World Lung Cancer day
- * 19th-26th November - National Skin Cancer Awareness week
- * 21st November - World television day
- * 26th November - World Olive Tree day
- * 30th November - St. Andrew's day for Scottish and Christmas.





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