



JALLARAH HOMES

NEWSLETTER

FEBRUARY 2024

Summer

Summer is a time for fun
To jump and play in the sun.
Swimming, sandcastles, slip-and-slides
Bumper cars and thrilling rides.

Summer is a time for fun
To eat a hotdog on a bun.
Camping and amusement parks
Bright fireworks in the dark.

Summer is a time for fun
To blow bubbles and catch each one!
Shells, sandals and the seashore
Sprinklers, picnics and so much more.

Hello February!

Didn't January go fast!!!! We have been busy little vegemite's, working away industriously. We have had very good occupancy over the last couple of months. This has been lovely for some, as old friends have reconnected.



In January, we were asked to undertake a Workforce Audit for the Aged Care Quality Safety Commission. We will not see an outcome report from this audit for a while, but are confident that Jallarah was represented well.

We have also recently undertaken an NDIS Audit, with auditors from the NDIS Commission visiting the site to speak to participants, representatives and staff and observe practices. The auditors and I would like to thank all persons that participated in the audit – for your time and support. On the whole, we learnt a lot from the experience and have some improvements to make, but the feedback from the auditors was positive.

COVID-19 is posing an issue in the community and at Jallarah once again. We are reviewing our current risk associated practices. At this time, we will continue with DAILY Rapid Antigen Testing for all staff and visitors to the site. For the duration of the current Outbreak, we are asking all visitors and staff to wear masks when entering the building. So far, we have been able to isolate the infection to a single wing, and all those working and visiting that wing will be asked to undertake additional precautions through the use of PPE. Please note that unlike previous outbreaks, we are not announcing a lockdown. We have learned that our residents need to have their support networks remain in place. This includes visitors and continued outings. Our residents can be provided with masks, if they would feel safer leaving with a mask.

You may already be aware, but we are expecting to have new Quality Standards to be working towards from the 1st of July 2024. These will be underpinned with a new Aged Care Act. The focus of the Act and the standards is largely older persons human rights. Previously, the root focus was more about the organisation. This requires a change in thinking, as well as significant changes to the policies and procedures. We will be undertaking significant training in the lead up to the changes.

There are a number of other regulatory changes that we are expecting to be accommodating shortly, with changes to the Privacy Act, Cyber Security and the results from the Fair Work Commission investigation into Aged Care wages.

We will continue to put our best foot forward, and will continue to look to the needs and choices of our residents.

Happy Valentines Day!

Jilly-Anne



HAPPY BIRTHDAY

27th February - Polly Clarkson

These are some of Polly's favourite things.

Book - Salvador Dali

Colour - Blue

Hobby - watching all my DVD's

Date of Birth - 27th February 1937

Age - 87

Food - Roast lamb, chocolates

Flower - Roses

Activity at Jallarah - Bingo



SHROVE TUESDAY (PANCAKE DAY)

Pancake day will be held on the 13th February (Shrove Tuesday), individuals, schools, community, church and business groups nationwide cook and sell pancakes to raise funds for Uniting Care's work with Australians in need.

Pancake day is a fun and easy way to raise funds to support Uniting Care's work with homeless, abused and vulnerable children and adults, the frail aged, families in crisis and those with disabilities.

Uniting Care consists of 374 organisations across Australia, assists more than 1.3million men, Women and children each year. They employ 35,000 staff and receive support from 24,200 volunteers.

It's a national campaign that encourages local people to help local people. Where possible money raised in a certain geographical area will be put back into Uniting Care services in that area and no money raised will travel out of that state.



VALENTINES DAY

Valentines Day back in the middle ages,
young men and women drew names from a
bowl to see who their valentines would be.
They would wear these names on their sleeves
for one week. To wear your heart on your
sleeve now means that it is easy for older
people to know how you are feeling.

In Wales, wooden love poems were carved
and given as gifts on February 14th. Spoons
were decorated with hearts and keyholes and
the like, Such decorations meant "You unlock
my heart."

Valentine's Day Poem.

For a sweetheart or a friend
There's just no better way
To show how much you care for them
Then a gift on Valentines day.

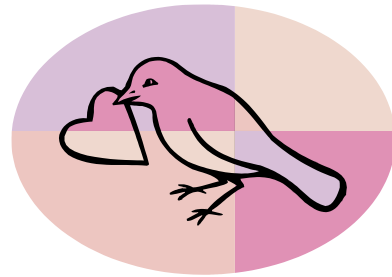
It doesn't have to be expensive
A simple card will do
As long as you put your heart into it
And show that it's really from you.

Share the love with family or with friends
Tell them in your own way
Let them know you really care
Make every day Valentine's Day.



History of Love Birds and Doves.

It was believed that on this romantic day, birds found their mates. This belief is still cherished by love struck people all over the world. The sweet little blue coloured lovebirds have come to signify that belief. It is said that the lovebirds can't live without their mates. Dove, in the Christian belief signifies purity meekness and innocence. Hence, these two birds have become the most endearing symbols of the spirit of valentines day.



History of Valentine's Cupid.

Cupid, the mischievous son of the Goddess of Love, Venus, is supposedly responsible for people falling in love. According to the myths, anyone being hit by Cupid's arrow falls in love with the first person he/she sees. His mischievous intentions have led to some entertaining situations in various legends. Cupid in the Roman mythology has Eros, the son of Aphrodite, as his counterpart in the Greek Myths. The names of both these Gods are used synonymously with the concept of love today.



Valentines Day Quiz.

1. When is Valentines Day?
2. If you openly show your feelings where do you wear your heart?
3. Which city is the city of love?
4. Famous Lovers...Cleopatra and _____?
5. What is the symbol of Valentines Day?
6. What is a 'love apple'?
7. Which birthstone is linked to February?
8. On which day of the week does Lent start?
9. What type of animal is a 'Russian Blue'?
10. Where do you get 'mohair from'?



Lifestyle Report

We had a full calendar for January, it started with the usual activities such as bingo, walking group, fine dining, craft, movies days, big connect 4 which the residents really like to play.

We had exercises classes, which the residents like as well, they do slow movements which is nice and easy for them to do.

We had our favourite breakfast this month which the residents love, bacon, eggs and tomatoes. The residents say that it is a nice change and it is cooked well.

We had three bus trips, 2 were around the community and the other one was a lunch at the Wellington Hotel. Everyone who came had a lovely lunch and great views of the Murray river.

Jallarah also had a drive through visit from the Vintage cars, the residents sat in the Nori lounge and had a great view.

We also celebrated Australia Day with the table set with flags and servettes, lunch was sausages, patties and three yummy salads. Afternoon tea was lamingtons.

Valentines Day quiz answers.

- 1) 14th February
- 2) on your sleeve
- 3) Paris
- 4) Mark Anthony
- 5) heart
- 6) A tomato
- 7) Amethyst
- 8) Wednesday
- 9) A cat
- 10) Angora goats

Thought for the month.

In February there is everything to hope for and nothing to regret.

Though February is short, it is filled with lots of love and sweet surprises.

**Food, Nutrition
and Dining Hotline
1800 844 044**



9am - 5pm (AEDT)
Monday to Friday



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