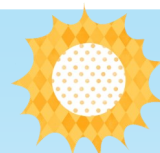


Weeroona NEWS



A monthly insight into
Weeroona Aged Care Residence



Inside this issue

February & March 2024
Highlights

Resident & Staff Profile

Activities Calendar

Birthdays

Welcome New Residents

What's Coming in
April and May

A message from the Director of Nursing

Hello everyone,

Another jam-packed few months here at Weeroona. We thank our Lifestyle Team for their efforts to include all the residents in their fabulous activities. These activities give our residents something to talk about around the dinner table and always gives them a great big smile.

Also a big thank you to David and the Kitchen Team; we have had many compliments on their wonderful menu. It's lovely to see the residents get excited for their favourite meals.

As Covid19 is still rapidly circling our wider community, we here at Weeroona are strongly enforcing Testing-at-the-Door before entering. We understand this may come as an inconvenience, however, we are doing this to ensure your loved ones are being kept safe. We appreciate your cooperation.

Also as winter is fast approaching us, and the flu season too, we will be administering Flu Vaccinations to the residents from the end of April. Please fill out the enclosed consent form and return it to the front office or email it to weeroona@wacr.care. Thank you.

It is with a heavy heart that we say Farewell to Julie Evans, our all rounder from Weeroona. Julie has been a huge part of Weeroona for a very long time...30+ years. She will be greatly missed by both staff and residents. We wish Julie all the very best in her retirement.

Remember...

Keep on smiling

Margaret Grant





TO OUR NEW RESIDENTS

JOHN HAMMOND
KARL & LOUISA MILIC
BETTY KELLY
DIANNE FAWCETT

JENNIFER MOORE
NOEL BROWN
LUIGI PIOL



Both the Director of Nursing and Deputy Director of Nursing act as the resident liaison to assist residents and their families in the admission process. We hope you will be happy and comfortable at Weeroona and we look forward to getting to know you better.

FEBRUARY & MARCH

IN REVIEW

Hello everyone,

We have had a couple of busy months here at Weeroona.

On the 13th of February we had Shrove Tuesday and the Lifestyle Team cooked up a storm, making pancakes for everyone to enjoy.

On the 14th of February we had an Ash Wednesday church service in the morning and a St Valentine's Day Happy Hour that afternoon, where much love was spread amongst the room, along with a feast fit for royalty. Each resident received a red rose with a sweet treat on their breakfast tray.

Seniors' Week kicked off on the 11th of March and residents were able to enjoy a few events on offer from a High Tea at the Neighbourhood Centre, to Geometric Workshop, and a Seniors' Week Luncheon at the Bowling Club, provided by Meals on Wheels.

We had a visit from the Youth Ambassadors in conjunction with the Festival of International Understanding.

We celebrated St. Patrick's day with another Happy Hour with staff members dressing in green. We observed Harmony Day with staff dressing in orange.

The following week we had an Easter egg hunt with our grand friends from Carinya, and the much-anticipated Easter Bunny visit along with Bunnings craft that afternoon. Then on Easter Sunday each resident received a nice chocolate easter bunny.

The next 2 months will also be busy with lots of exciting things planned. The Lifestyle Team would like to thank everyone who has helped make our programs a success, from getting residents to each activity, to giving us support and very valued feedback.

We would also like to wish you all an incredibly Happy Easter and look forward to seeing you all in the months ahead.

Sue

LIFESTYLE COORDINATOR

FEBRUARY HIGHLIGHTS

SHROVE TUESDAY

Have you been hearing a lot about pancakes today? That is because it's not just any old Tuesday, it's Shrove Tuesday — but it's also known as 'Pancake Day' or the French translation for 'Fat Tuesday'. The tradition of cooking pancakes on this day is rooted in Christian religion, but to many it's a non-denominational cultural custom. It's the day before Ash Wednesday, which is the start of lent, which is the 40-day period before Easter. The specific traditions of Lent vary across the Christian denominations, but it's generally a time of fasting, abstinence and repentance.

Where does the word Shrove come from? The word 'shrove' is the past tense for the word 'shrive'. Shrive is an old word that means to confess.

Why do people have pancakes on Shrove Tuesday? As it is the day before lent starts, Shrove Tuesday is seen as the last day of merriment and excess.

Followers saw it as a day to use up all their fats and eggs, with pancakes being an effective way to use them up — so the pancake-eating is more of a cultural tradition.

So, this Shrove Tuesday with the help of Sue, Nikkara and Nikki we made mini pancakes for us all to enjoy for afternoon tea; a sweet little treat with a whole lot of history.



SHROVE TUESDAY

ASH WEDNESDAY

What is Ash Wednesday? Ash Wednesday is a Christian holy day of prayer, fasting, and repentance. It marks the beginning of Lent, a season of 40 days (excluding Sundays) leading up to Easter Sunday. The observance of Ash Wednesday is most common in the Western Christian tradition, including Roman Catholicism, Anglicanism, and some Protestant denominations. The name "Ash Wednesday" is derived from placing ashes on believers' foreheads in the shape of a cross. The ashes are typically obtained by burning the palms blessed on the previous year's Palm Sunday. The imposition of ashes is often accompanied by the words "Remember that you are dust, and to dust you shall return," emphasizing mortality and the need for repentance.

Ft Mark (who is currently filling in for Ft Dong whilst he is away overseas) from the St Raphael's Parish of Cowra came to Weeroona on Wednesday the 14th to provide our residents with an Ash Wednesday service for those who wished to attend. Here at Weeroona we strive to meet the religious needs of all our residents. We endeavour to assist with all beliefs, denominations and walks of life. Feel free to talk to any of our Lifestyle staff if there is anything we can do to help you meet your religious needs.



FEBRUARY HIGHLIGHTS

ST VALENTINE'S DAY HAPPY HOUR

On Wednesday the 14th of February residents from all wings came together to celebrate St Valentine's Day with one of our highly talked about Happy Hours. We all met in the Acacia dining room and enjoyed a lovely spread of food and drinks, put together for us by our very talented Kitchen Staff. Our Happy Hour events are just one of the many opportunities our Lifestyle Team create to bring our residents together, enabling us all get to know each other just that little bit better.

Our Happy Hour celebrated love, and not just that of the romantic kind, but the love of family, friendship and love of life. This was a lovely opportunity to reminisce about the days gone by of our first dates, first loves and those who mean the most to us, whether they are here to celebrate with us or not. Love lives in our memories and the best way to keep those memories alive is to talk about them.

Our Happy Hour finished off with our traditional sing-along. We would like to thank all those who attended, and to our Lifestyle Team and Kitchen Staff.



Valentine's Day



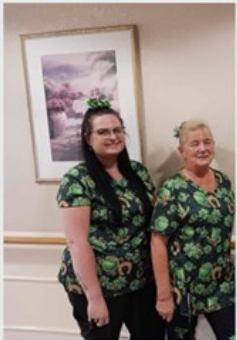
Weeroona, you are my Valentine!

Nobody was left out this St Valentine's Day. Each and every resident received a single red rose accompanied with a little tasty treat and a gift tag with love from all of us here at Weeroona.



MARCH HIGHLIGHTS

ST. PATRICK'S DAY



ST. PATRICK'S DAY



ST. PATRICK'S DAY

ST. PATRICK'S DAY

On the 15th of March we hosted our monthly Happy Hour. This month's theme was, of course, St Patrick's Day.

The day started with many of our staff dressing in as much green as possible. Sue from our Lifestyle Team took this very literally from the bow on top of her head down to the shamrocks on her shoes.

From 2pm residents from all wings came together to meet in the Scacia dining room. Our afternoon started with a green themed quiz followed by a St Patrick's Day quiz.

For our famous sing-alongs that can be heard throughout the facility, we were joined by our dear friend, the familiar face of Norm Palazzi. Norm has been a visitor to Weeroona for many years and it was lovely to have him included in our Happy Hour with his musical talents. Many Irish themed songs were sung, including Danny Boy sung by our own Nita Healy. A few song requests from our residents and everyone had worked up a hunger from singing their lungs out.

Once again David Harris and his Kitchen Staff didn't disappoint, providing our residents with a beautiful spread of treats for us all to enjoy.

MARCH HIGHLIGHTS

Cowra Information
Neighbourhood Center

Seniors Week High Tea

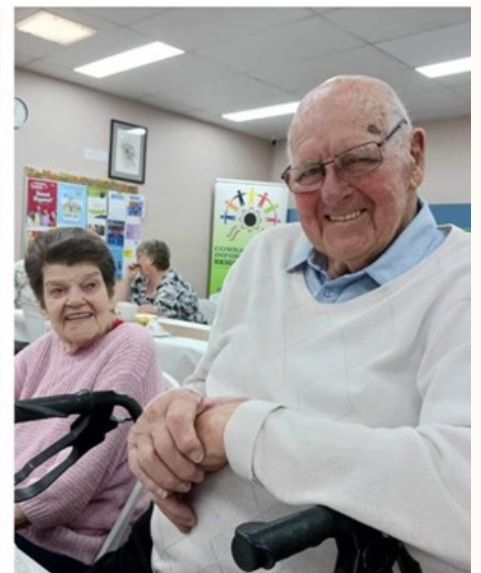
On Monday the 18th of March, Sue and Jess from our Lifestyle Team took 8 residents out to the Cowra Information and Neighborhood Centre's Seniors' Week High Tea.

Noel Reilly, Nola Johnston, Freda Haddock, Colleen Wilson, Jeanette Thompson, Jo Duncan, Margaret Cooper and Margaret Walsh joined members of the local Cowra community and enjoyed this lovely High Tea with delicious treats to be savoured by all. The Lifestyle Team extend our thanks to Fran Stead from the Cowra Information and Neighborhood Centre for inviting our residents to this event.



Cowra Information
Neighbourhood Center

Seniors Week High Tea



MARCH HIGHLIGHTS

GEOMETRIC PAINTING WORKSHOP

On the 19th of March, residents at Weeroona had a fantastic morning being creative at the Geometric Painting Workshop.

This workshop was hosted by a lovely group of ladies from the Canimbla CWA branch. Rhonda, Geraldine, Jackie and Linda spent the morning taking us through the steps to make our masterpieces.

Residents from all wings came together in the Acacia dining room and learnt that art has no mistakes and is accessible to everyone.

Our residents shocked themselves with how beautiful their end pieces came together.



MARCH HIGHLIGHTS

SENIORS' WEEK

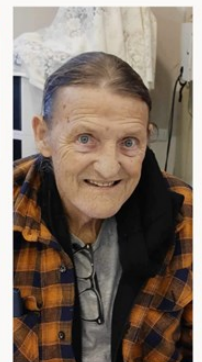
LUNCHEON

On the 20th of March Sue and Nikkara took 12 residents out to the Bowling Club for the Seniors' Week Luncheon hosted by our local Meals on Wheels.

The guest speaker was Leslie Burns, an Aged Care specialist who works with Services Australia. Hailing from Cowra, Leslie has worked at the Centerlink office in Cowra since 2003; she is the local outreach Aged Care specialist for our area. Leslie continues to work out of the Cowra office every Tuesday, as well as visiting people in more remote areas. Leslie is able to explain everything involved with My Aged Care as well as the financial side of what is on offer when it comes to anything involved with aged care packages, home care, support services, respite care and residential care.

Her talk was very informative and the residents enjoyed learning more about Aged Care. We all enjoyed a lovely meal provided by the wonderful Cowra Bowling Club kitchen staff.

There was also a surprise visit from Mayor Ruth Fagan. The Lifestyle Team and the residents would like to thank Denise Makin and her staff for providing a successful event and we look forward to our next adventure with Meals on Wheels.



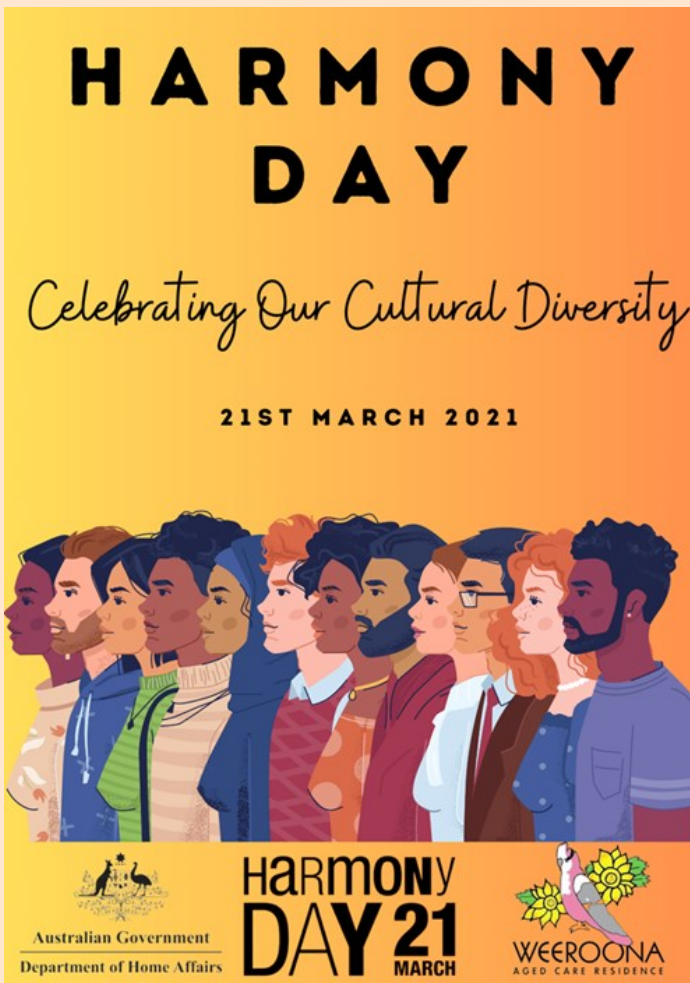
*Seniors Week
Meals on Wheels
Luncheon*

*Seniors Week
Meals on Wheels
Luncheon*



Meals on Wheels[™]
New South Wales

MARCH HIGHLIGHTS



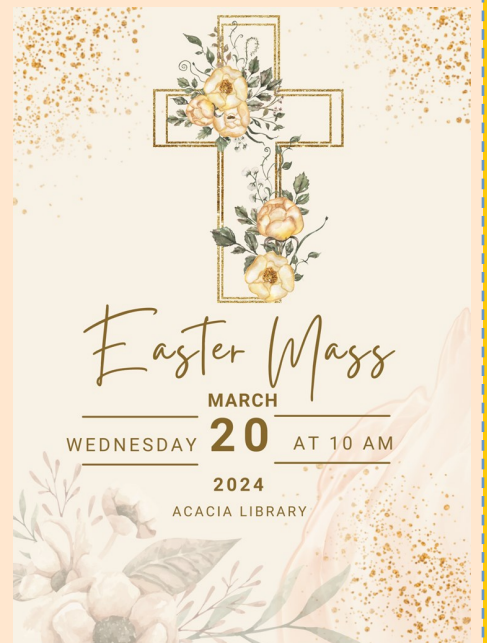
HARMONY DAY

Harmony Day is a day to celebrate Australian multiculturalism, based on the successful integration of migrants into our community. Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values. Held every year on the 21st March, the day coincides with the United Nations International Day for the Elimination of Racial Discrimination. Since 1999, more than 70,000 Harmony Day events have been held in childcare centres, schools, community groups, churches, businesses and federal, state and local government agencies across Australia.

On the 21st of March Weeroona took part in Harmony Day inviting all staff and residents to wear orange to celebrate the diversity we have not only within our country, state and town but also the wide diversity of cultures we have here at Weeroona within our residents and staff.

EASTER MASS

On the 20th of March Ft Dong from the St Raphael's Parish came to Weeroona to provide our residents with a lovely Easter Mass. The mass took place in the Acacia Library and was open to all residents to attend. The Lifestyle Team would like to thank Ft Dong for taking the time to provide our residents with this mass during the Easter period.



MARCH HIGHLIGHTS

YOUTH AMBASSADOR VISIT

The Cowra Festival of International Understanding is now in its 59th year and is scheduled to take place from the 22nd March to the 24th March in Cowra, NSW.

The guest nation for this year is Italy.

The Cowra Festival of International Understanding Youth Ambassador Program is a special component of the Festival and this year there are 13 outstanding young locals taking part. Those ambassadors are -

- ◆ Charlie Graham
- ◆ Mackay Sullivan
- ◆ Maddie Tremble
- ◆ Cohan Harden
- ◆ Laura Brice
- ◆ Lucas Bryant
- ◆ Imogen McCormick
- ◆ Tobie Hubber
- ◆ Maddi Densmore
- ◆ Beth Kollas
- ◆ Henry Anderson
- ◆ Abby Slattery
- ◆ Addison Skinner.

Festival Youth Ambassadors are young people aged 14 – 21 years who are interested in developing their leadership skills and making a valued contribution to the Cowra Shire community. They play an important role in the festival, representing their sponsor organisation in the community, fundraising for a chosen cause or charity and contributing to Festival planning.

Youth Ambassadors pay a special visit to the guest nation's embassy in Canberra each year, with the 2024 ambassadors visiting the embassy of Italy before the festival in a bid to learn more about Italian culture as well as promote the event.

On the 21st of March, Weeroona residents were lucky enough to get a visit from two of this years youth ambassadors: Maddie Tremble and Imogen McCormick, along with Valentina from the Italian embassy and Gabriella who is an Italian language teacher, working alongside the embassy in Canberra. They provided our residents with a lovely informational presentation about the history of Italy, its connections with Australia as well as teaching us about the many Italian foods we know and love here in Australia. We were even gifted some beautiful Italian biscuits for us all to try for afternoon tea. Weeroona's Lifestyle Team would like to thank Valentina, Gabriella, Maddie and Imogen for coming along and sharing the morning with us.



MARCH HIGHLIGHTS

EASTER EGG HUNT



On the 21st March John Fanning and his wife Leonie celebrated their 71st wedding anniversary. John quite often will share with us the story about how he had to rush to his wedding because he couldn't miss out in playing in the cricket grand final on the same morning. All of us here at Weeroona congratulate you on reaching this amazing milestone in your marriage.



EASTER EGG HUNT

On Tuesday the 26th of March Weeroona residents were joined by their grandfriends from Carinya for our

first ever Easter egg hunt. The children gave our residents 2 gifts that they had made and the residents were very impressed with the hard work their grandfriends put into them. More importantly, the residents were very excited to receive the beautiful gifts.

Then the children set about hunting for the eggs that Easter Bunny hid for them; there were many squeals of joy and, of course, lots of laughter. Our residents and their grandfriends had a wonderful morning out in the fresh air and sunshine. We are all looking forward to our next visit with our Grandfriends. The Lifestyle Team would like to thank the educators at Carinya for helping to make the morning a success.



MARCH HIGHLIGHTS



HAPPY EASTER
to **EVERYBUNNY**

On Wednesday the 27th of March Weeroona had a special visitor, much to the delight of our residents and staff. The Easter Bunny was doing the rounds checking to see if we were ready for his official visit on Sunday. Well, the Easter Bunny was most satisfied that we were well prepared. Mr Bunny then visited everyone in the facility, and, yes, there were chocolate eggs on offer. Safe to say everyone was happy with their surprise visitor. Thank you to Bunnings for helping us find the Easter Bunny.



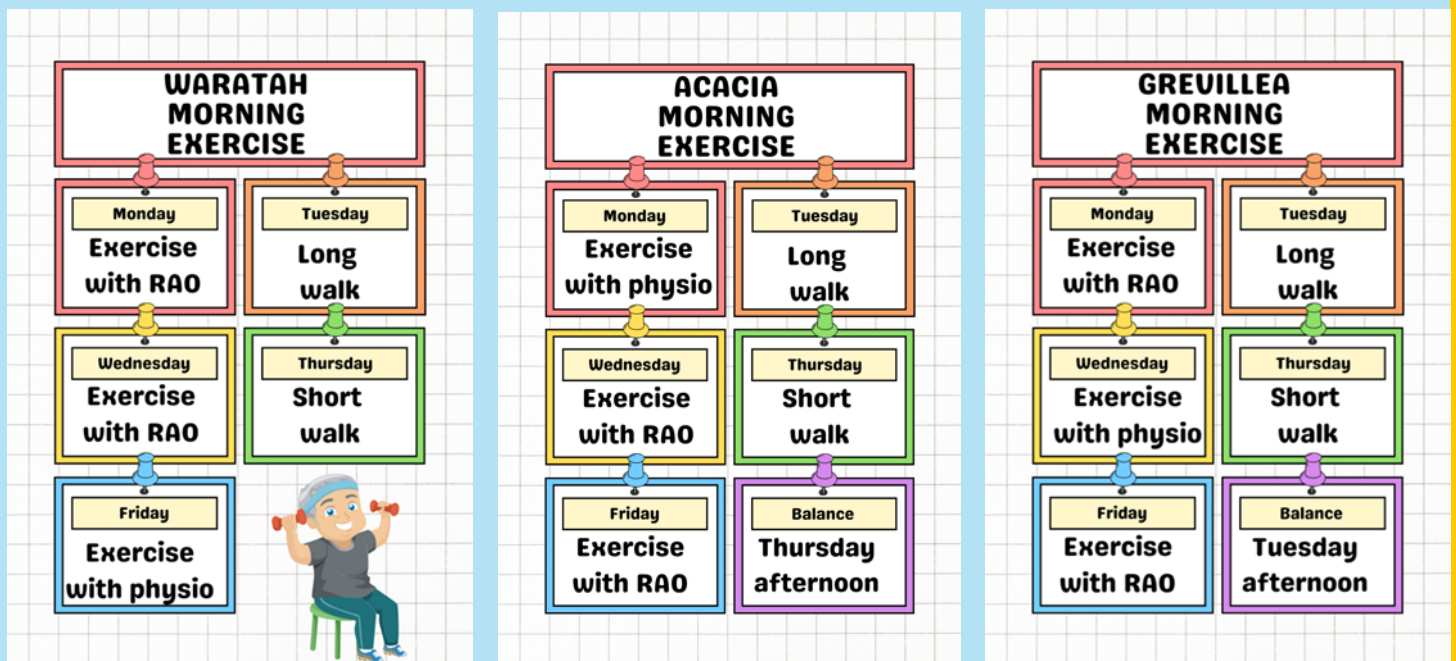
HIGHLIGHTS

Walks at Weeroona

Did you know that you can go on a walk twice a week here at Weeroona? On Tuesday morning our RAO Nikki from Grevillea, along with our physiotherapist, Manny, go on a long walk around the gardens and then around the block. This walk is ideal for our more active and independent walkers.

Thursday mornings is our shorter walk around the facility and our garden areas. This is our walker friendly walk for those that may require the use of a walking stick or walking frame. These walks are available to all our residents.

Be sure to check out the exercise program featured in this newsletter as well as our monthly activities program.



Morning Exercise with RAOs

Not only do we have our amazing physiotherapist, Manny, who is here to help with all your exercise and rehabilitation needs, but did you know that our RAO's also provide morning exercises as well?

This means that morning exercises are available 3 days a week as well as morning walks 2 days a week.

Balance

Aside from our general exercise classes, the residents also participate in standing balance exercises, which are conducted every Tuesday and Thursday afternoons. These are lead by our in-house physiotherapist, Emmanuel. We have parallel bars that our residents use for these classes. These exercises will help our residents in terms of fall prevention and improve their confidence within their mobility. When the residents are too tired to do physical exercise, our RAO's provide exercise for the brain such as word puzzles, general trivia and quizzes. The brain needs exercise too!

Our goal is for our residents to have a sound mind in a sound body!

No Bake Dark Chocolate Peppermint Slice

Ingredients

- * 125g dark chocolate
- * 200g condensed milk
- * 150g butter
- * 1 packet arrowroot biscuits finely crushed
- * 1 cup rice bubbles



Topping

- * 190g dark chocolate
- * 1.5 Tbsp vegetable oil
- * 1 tsp peppermint essence

Method

- * Line a 18 X 27cm slice tin with baking paper and set aside.
- * Add chocolate, condensed milk and butter to a microwave-safe bowl. Heat in 30 second bursts until all the ingredients have melted together and stir well.
- * Add crushed biscuits and rice bubbles and mix until all combined. Press the mixture into the tray, spread to the edges and smooth with the back of a metal spoon.
- * For the topping: Melt together the rest of the dark chocolate with the oil in the microwave. Stir until smooth then add the peppermint essence and stir again. If it seems a bit thick then add more oil until it is nice and runny.
- * Pour the chocolate over the base and spread it evenly to the edges. Chill in the fridge until set then use a large knife to cut into slices and serve.

Note

- * This recipe can be made into chocolate orange slice by swapping the peppermint essence for orange essence.
- * The dark chocolate can also be substituted for milk chocolate

RESIDENT & STAFF PROFILE

Jeanette Kane

Jeanette was born on January 8th 1944, to William and Minnie Pountley. Jeanette has 2 brothers: Gordon and Charles (both deceased).

Jeanette married Noel Hoschke in 1964. They had 2 children, Debbie and Marie, but divorced in 1977. Jeanette remarried February 14th 1998 to Andrew Kane. They were happily married until Andrew's passing in December 2009.

Jeanette loved living on the south coast of NSW. She loved her walks along the lake and had wonderful neighbours and friends.

Jeanette has 4 grandchildren: Nathan, Mathew, Megan and Skye. Jeanette has one great grandchild, Andy.

Playing solitaire is one of Jeanette's favorite pastimes.

Failing health brought Jeanette to Cowra, to live on her daughter Deb and son in law Steve's farm in October 2023. Weeroona is now Jeanette's home amongst beautiful staff and friends.



Emmanuel Bondad



Hi, my name is Emmanuel James Bondad, others know me as Manny (saves you 2 syllables) and some friends and family members back in the Philippines call me E.J. since its easiest to remember with just 2 letters.

I am originally from the Philippines, a tropical country in Southeast Asia. My wife Justine and I, moved to Australia back in July 2022; we are both physios. It has always been our dream to come and work in Australia as physios, so in a way you could say that we are living the dream. We are loving our work as regional aged care facility physios. I remember a line from one of Phil Collins songs "In learning, you will teach and in teaching you will learn" as I teach and educate residents and staff about exercises, manual handling and such, I am also learning a lot from them not just about working here in aged care but also many other things like gardening, how to speak German, about where to buy good quality meat, about what's the best tasting Australian beer, about life in general. I am grateful for having been given this chance to work here and I will continue to do my best to improve and provide better service for the residents the staff and the facility. (I love Weeroona)

HIGHLIGHTS

A very sad Farewell for staff and residents

Julie Evans has left us after 30+ years of service, Julie has decided it is time for retirement. She will be very missed here at Weeroona. You were never quite sure when you arrived at work where you would find Julie as she was always lending a hand wherever needed.

Kitchen shift, helping on the floor, in the Laundry, in the garden, she really is a jack of all trades.

As sad as we all are here at Weeroona, we are just as excited to hear about Julie's adventures with husband Ron, as they travel around in their Caravan, hopefully she takes some time to sit and relax (she deserves that) but no doubt will be flat out visiting family and friends and enjoying a few well deserved wines on her travel. We wish Julie all the very best for her retirement and look forward to her (hopefully) frequent visits.

Good
& Bye
& Good
Luck



Beautiful cake made by our talented Sue Burrell and decorated by the very clever Sarah Plews.



RESIDENT BIRTHDAYS

HAPPY
BIRTHDAY



APRIL

- 05– Robert Melton
- 08– Julie Hanley
- 10– Elaine Heaslip
- 12– Frank Burns
- 16– David Jones
- 19– Wilma Young
- 23– Norma McLean
- 26– John Hammond

MAY

- 22– Denise Smith
- 24– Bill Roden
- 25– Josephine Ingram
- 28– Barbara Sheppard
- 29– Jean Todd

From all the Staff at Weeroona, we wish our Residents a very Happy Birthday!

UPCOMING BUS OUTINGS



TUESDAY
16TH APRIL
FISH & CHIPS ON
BILLY GOAT HILL

~ ~ ~ ~ ~

WEDNESDAY
15TH MAY
YOUNG SERVICES
CLUB



NOTICE BOARD

BASIC DAILY CARE FEE

We remind everyone that the Basic Daily Care Fee set by the Department of Health & Ageing is payable by all Residents (respite or permanent). This fee is not claimable through Medicare.

CLOTHING

Please ensure all resident clothing is labelled before placing in the wardrobe. Garments can be dropped off at Reception for labelling.

EMAIL CORRESPONDENCE

If you have an email address and would like to receive information by email, please email us at weeroona@wacr.care to be added to the mailing list. This is for **information only** and not for account statements.

ELECTRICAL APPLIANCES

All appliances need to be tagged. Please advise Administration or Maintenance staff so that we can arrange for the item to be tagged.

UNCLAIMED CLOTHING

Will be put in the Grevillea corridor on the first weekend of every month. Families are invited to come along and see if anything belongs to their loved ones.

VISITOR MEALS

If you require a lunch time meal whilst visiting Weeroona, please order prior to 9:00am. The cost of the meal is \$7.00 payable to the office staff.

NB: Unfortunately, we cannot cater for large groups.

VISITS

Visits are no longer by appointment. However, we ask that you please notify the office or wing if you wish to take your loved one out.

DOOR CODES

External door codes and car park gate door code: **6342E**
Internal door code (between Grevillea/Waratah): 2436E

FOOD LOG

There are food logs located at both foyers in the nursing home. Please ensure you record any food brought into the facility.

CHANGE OF DETAILS

If you have changed your address or contact details, please advise our Administration Staff to ensure all records are kept up to date.

All visitors must undertake an **on-site Rapid Antigen Test** prior to entering the facility.

A reminder that **ALL VISITORS MUST SIGN IN AND OUT** on the visitor's register (located at reception).

This is for your safety and is mandatory with **no exceptions.**

To download a digital copy of this newsletter, please visit:
<https://www.weeroonaagedcare.com.au/p-lifestyle-23.aspx>

How many tickles does it take to make an octopus laugh?

JOKES ...

A. Ten-tickles.

RIDDLE.....

Two in a corner, one in a room, zero in a house, but one in a shelter. What am I?

A. The letter "R".

RESIDENT PERSONAL BELONGINGS - IMPORTANT INFORMATION

Weeroona treats the protection and security of Resident personal belongings seriously.

Staff education conducted annually includes materials on handling and caring for items used by Residents. Although Weeroona's staff make their best efforts to ensure no harm comes to Resident belongings, unforeseen accidents happen as we all know.

Weeroona wishes to reiterate that the security of belongings remains with the Resident.

Personal items owned by Residents are not covered by Weeroona's insurance policy.

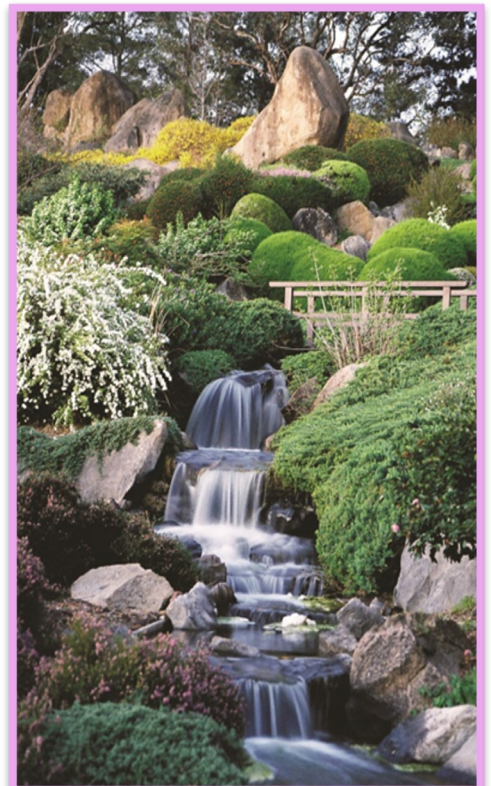
Weeroona is not liable for the loss, damage or theft of any personal belongings.

Weeroona's management team appreciate your understanding and any further questions can be directed to our Administration Team.



GIVE US YOUR FEEDBACK

Whether you wish to praise our terrific staff or have any concerns regarding your resident, we really want to hear from you! The only way to continue to improve the service Weeroona offers is to hear your feedback. There is a form attached to this newsletter, and more can be found at the Grevillea Nurses station.



Next Issue

April & May Review

April & May Highlights

Resident Profile

Employee Profile

June & July Events

Contact us on 02 6342 3333
www.weeroonaagedcare.com.au



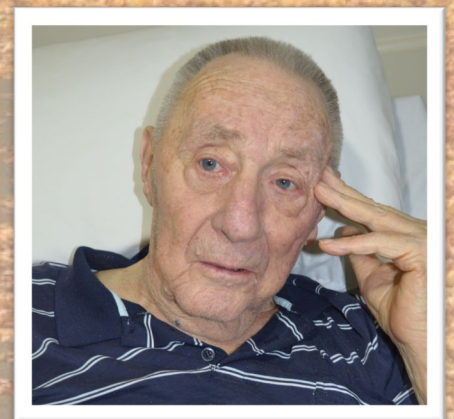
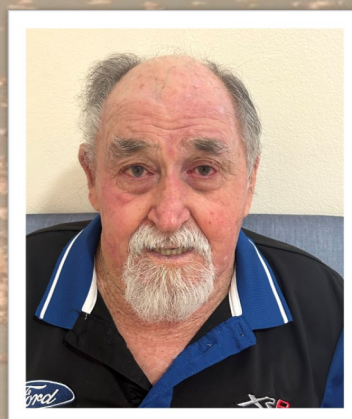
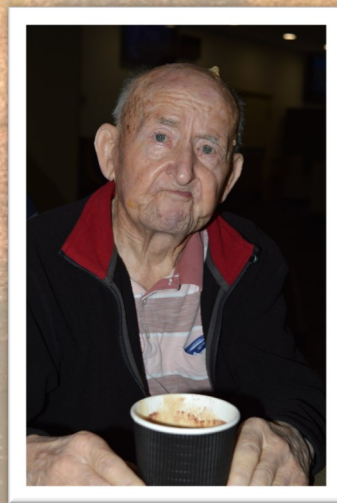
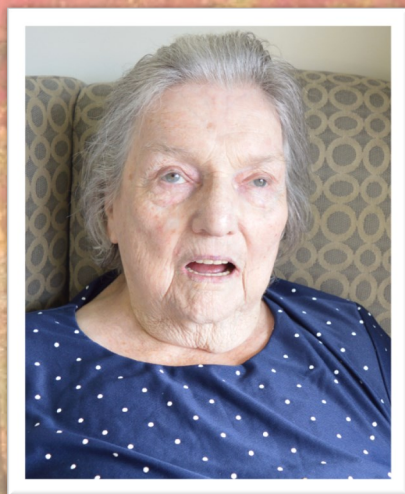
10 Comerford Street
Cowra NSW 2794

YOUR CHOICE

In Aged Care

GARDEN OF REMEMBRANCE

Forever in our hearts



Lifestyle Program April 2024



	Mon 1st	Tues 2nd	Wed 3rd	Thurs 4th	Fri 5th
Acacia AM		Long Walks	1on1 Chats / RAO Exercise	Air Chair Yoga	1on1 Chats / RAO Exercise
Grevillea/Banksia		Balloon Tennis	1on1 Chats / Physio Exercise	Short Walks	1on1 Chats / RAO Exercise
Waratah AM		Darts	1on1 Chats / RAO Exercise	Hand Massages	1on1 Chats / Physio Exercise
Acacia PM		Nailcare	Hoy	Cooking / Balance	Bingo
Grevillea/Banksia		Nailcare / Balance	Bingo	Cooking	Whiteboard Quiz
Waratah PM		Nailcare	Ten Pin Bowling	Cooking	Movie
	Mon 8th	Tues 9th	Wed 10th	Thurs 11th	Fri 12th
Acacia AM	1on1 Chats / Physio Exercises	Long Walks	1on1 Chats / RAO Exercise	Air Chair Yoga	1on1 Chats / RAO Exercise
Grevillea/Banksia	1on1 Chats / RAO Exercises	Board Games	1on1 Chats / Physio Exercise	Short Walks	1on1 Chats / RAO Exercise
Waratah AM	1on1 Chats / RAO Exercises	Whiteboard	1on1 Chats / RAO Exercise	Jigsaw Puzzles	1on1 Chats / Physio Exercise
Acacia PM	Bingo	Nailcare	Men's Shed / Movie	Cooking / Balance	Bingo
Grevillea/Banksia	Armchair Travel	Nailcare / Balance	Bingo	Cooking	Ten Pin Bowling
Waratah PM	Montessori	Nailcare	Balloon Tennis	Cooking	Quiots
	Mon 15th	Tues 16th	Wed 17th	Thurs 18th	Fri 19th
Acacia AM	1on1 Chats / Physio Exercises	Long Walks / Bus Outing	1on1 Chats / RAO Exercise	Air Chair Yoga	1on1 Chats / RAO Exercise
Grevillea/Banksia	1on1 Chats / RAO Exercises	Hoy/ Bus Outing	1on1 Chats / Physio Exercise	Short Walks	1on1 Chats / RAO Exercise
Waratah AM	1on1 Chats / RAO Exercises	Art / Bus outing	1on1 Chats / RAO Exercise	Sensory	1on1 Chats / Physio Exercise
Acacia PM	Bingo	Nailcare	Quiz	Cooking / Balance	Bingo
Grevillea/Banksia	Quiots	Nailcare / Balance	Bingo	Cooking	Golf
Waratah PM	Darts	Nailcare	Hand Massage	Cooking	Montessori
	Mon 22nd	Tues 23rd	Wed 24th	Thurs 25th	Fri 26th
Acacia AM	1on1 Chats / Physio Exercises	Wreath making	1on1 Chats / Anzac Service	Cooking	1on1 Chats / RAO Exercise
Grevillea/Banksia	1on1 Chats / RAO Exercises	With	1on1 Chats / Anzac Service	Cooking	1on1 Chats / RAO Exercise
Waratah AM	1on1 Chats / RAO Exercises	Cariya	1on1 Chats / Anzac Service	Cooking	1on1 Chats / Physio Exercise
Acacia PM	Bingo	Nailcare	Anzac Day	Residents &	Bingo
Grevillea/Banksia	Carpet Bowls	Nailcare / Balance	Happy	Relative	Guess Who
Waratah PM	Messages/ Movie	Nailcare	Hour	Meeting	Whiteboard Hangman
	Mon 29th	Tues 30th			
Acacia AM	1on1 Chats / Physio Exercises	Long Walk			
Grevillea/Banksia	1on1 Chats / RAO Exercises	Jigsaw Puzzles			
Waratah AM	1on1 Chats / RAO Exercises	Balloon Tennis			
Acacia PM	Bingo	Nailcare			
Grevillea/Banksia	Whiteboard Quiz	Nailcare / Balance			
Waratah PM	Montessori	Nailcare			

WEEKEND ACTIVITIES:

Colour Key- Acacia Wing-Pink, Grevillea/Banksia-Green, Waratah-Blue

Lifestyle Program May 2024



			Wed 1st	Thur 2nd	Fri 3rd
Acacia AM			1on1 Chats/ RAO Exercise	Airchair Yoga	1on1 Chats/ RAO Exercise
Grevillea/Banksia			Physio Exercises	Quoits	RAO Exercises
Waratah AM			RAO Exercises	Sensory	Physio Exercises
Acacia PM			Men's Shed / Music	Cooking / Balance	Bingo
Grevillea/Banksia			Bingo	Cooking	Whitboard Quiz
Waratah PM			iQ fit puzzle	Cooking	Music Quiz
			Wed 8th	Thurs 9th	Fri 10th
Acacia AM		Mon 6th	1on1 Chats/ RAO Exercise	Book Club	1on1 Chats/ RAO Exercise
Grevillea/Banksia			Physio Exercises	Hand Massages	RAO Exercises
Waratah AM			RAO Exercises	Pamper Morning	Physio Exercises
Acacia PM			Men's Shed / Music	Cooking / Balance	Mothers
Grevillea/Banksia			Bingo	Cooking	Day
Waratah PM			Darts	Cooking	Afternoon Tea
			Wed 15th	Thurs 16th	Fri 17th
Acacia AM		Mon 13th	Lunch Bus	Activities	1on1 Chats/ RAO Exercise
Grevillea/Banksia			Outing to	with Carinya	RAO Exercises
Waratah AM			Young Services Club	BBQ Lunch	Physio Exercises
Acacia PM			Men's Shed / Music	Cooking / Balance	Bingo
Grevillea/Banksia			Bingo	Cooking	Armchair Travel
Waratah PM			Darts	Cooking	Quiz
			Wed 22nd	Thurs 23rd	Fri 24th
Acacia AM		Mon 20th	1on1 Chats/ RAO Exercise	Book Club	1on1 Chats/ RAO Exercise
Grevillea/Banksia			Physio Exercises	Whiteboard Quiz	RAO Exercises
Waratah AM			RAO Exercises	Movie	Physio Exercises
Acacia PM			Afternoon tea	Cooking / Balance	Bingo
Grevillea/Banksia			@ Carinya	Cooking	Hoy
Waratah PM			Hand Massages	Cooking	Quoits
			Wed 29th	Thurs 30th	Fri 31st
Acacia AM		Mon 27th	1on1 Chats/ RAO Exercise	Cooking	1on1 Chats/ RAO Exercise
Grevillea/Banksia			Physio Exercises	Cooking	RAO Exercises
Waratah AM			RAO Exercises	Cooking	Physio Exercises
Acacia PM			Men's Shed / Music	Residents &	Bingo
Grevillea/Banksia			Bingo	Relatives	Board Games
Waratah PM			iQ Puzzles	Meeting	Balloon Tennis

WEEKEND ACTIVITIES:

Colour Key- Acacia Wing-Pink, Grevillea/Banksia-Green, Waratah-Blue

Feedback No: _____

WEEROONA AGED CARE RESIDENCE

GIVE US YOUR FEEDBACK

Your feedback is welcome - positive or negative

Consent: We would like to put your feedback in writing to acknowledge.

Feedback received via: Phone / In Person / In Writing on: Date.....Time.....

Person offering Feedback:

Relationship to Consumer:

(if not a consumer) Details of Feedback

Print Name: _____ Signed: _____ Date: _____

(OFFICE USE ONLY)

Any Action required re feedback:

Is person satisfied with the response? Y / N

Date this form forwarded to Director of Nursing / Deputy Director of Nursing

Staff taking feedback (if not DON or DDON): _____ Date: _____

This part to be completed by Director of Nursing / Deputy Director of Nursing

Date feedback acknowledged: verbal / written

Further action taken / planned: (include quality improvement strategies such as training, policy review, etc
(Number each action—attach action sheet if necessary)

Outcome:

Evaluation:

Report to staff meeting on (date):

Feedback/Issue resolved / closed (sign): Date:

***target 35 days**

Signed: (Director of Nursing)

Report received and recorded in Feedback register on (date):

Feedback Number:.....