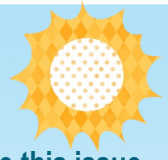


Weeroona NEWS



A monthly insight into
Weeroona Aged Care Residence



Inside this issue

December 2023 & January
2024 Highlights

Resident & Staff Profile

Activities Calendar

Birthdays

Welcome New Residents

What's Coming in
February and March

A message from the Director of Nursing

Hello everyone,

Welcome to 2024!!!

I hope this is a year of Love ,Laughter and Pure Happiness for you all. We have a jam packed activates calendar planned for our Residents to keep them all active and entertained. If you have any activity suggestions please come and chat with myself or the RAO on your relative's wing.

COVID-19

We are still monitoring for COVID-19. We still require all visitors to do a Rapid antigen test (RAT) at the front door before Entering the Facility.

We thank you for your continue support and co operation in keeping the Residents safe and healthy.

Mask

Mask are not required to be worn in the facility at the moment, this could change if the number of COVID-19 cases increase in our wider community.

Remember...

Keep on smiling

Margaret Grant



ROBIN BUSHELL
AUDREY FARLEY
BRIAN JONES
WILLIAM WELLS
HANS BIHLER

THOMAS RYAN
PAULINE BYRNES
WILLIAM RODEN
WILMA YOUNG

TO OUR NEW RESIDENTS



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.

DECEMBER AND JANUARY

IN REVIEW

We promised December would be a bumper month, but it did not start out that way as Covid was looming. We had to postpone the Resident & Relatives Christmas party and were unsure if any of what we planned would go ahead. Lucky for us all we were able to have our party on the same day as the Carols by Candlelight and what a success it was. We were also able to have 2 of our 3 planned outings one on the houseboat at Wyangala Dam and the Christmas lights bus tour. We also had an incredibly special visitor in the days leading up to Christmas, Santa was incredibly happy to see everyone and was assuring them all that they were on the nice list. Christmas Day was amazing with many visitors to the facility including the Stevenson family that came to sing carols to us all. Many residents were able to go home and enjoy Christmas Day with their loved ones. Then all too soon we were celebrating the new year and on New Year's Day we held an afternoon tea in the Queensland room to celebrate the new year. We have enjoyed a bus outing to McDonalds as this was a special request from one of our Residents. Australia Day was fun with a special happy hour provided and everything Australian was celebrated. We look forward to the months ahead which promise to be busy also. The Lifestyle Team hope everyone had a happy and prosperous Christmas and New Year and we look forward to seeing you all in 2024. I would like to take this opportunity to thank everyone that helped make Christmas and the New Year a fun time for the Residents also for your continued support. We welcome your feedback on any of the events we have and invite you to give any suggestions on anything you may like to see happen.

Sue

LIFESTYLE COORDINATOR

DECEMBER HIGHLIGHTS

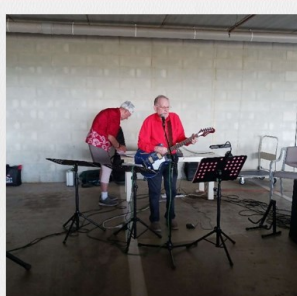
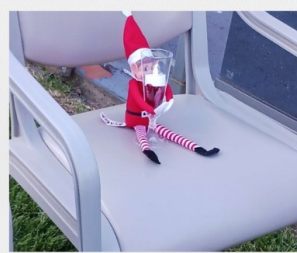
Merry Christmas

Resident & Relatives Christmas Party

On Saturday the 16th of December Weeroona Residents had the pleasure of enjoying a wonderful evening of brilliant food and drinks, together with the company of friends, family, and one another. We were graced with some amazing live music performances from the lovely Alan Vorias. We managed to beat the start of the summer heat by having our Christmas Party in the undercover carpark as well as a slightly smaller celebration within the facility for our less mobile Residents because NO WAY were we letting anyone miss out on the fun.

We kept nice and cool and who would have thought that a carpark could be dressed up so nicely thanks to the hard work and planning from our RAOs of course with Sue's guidance and attention to detail, Cowra Hire for providing us with an accessible bathroom and of course we cannot forget to thank Dave and his Kitchen Staff for the lovely dinner they put on for everyone to enjoy. Lucky door prizes were won by many, all had a wonderful time.

After the food had all settled, we moved to the Acacia dining room to watch the wonderful dances performed for us by the dancers from Canowindra. Once the sun had gone down out came the candles and we gathered all around. Carols by Candlelight had come to Weeroona and what a beautiful sound to be heard. We had many lovely songs to carry us all through the evening. Emily Reynolds and Graham Hutchinson blessed our ears.



DECEMBER HIGHLIGHTS

HOUSEBOAT OUTING

What a sensational bus outing to Wyangala dam. On the 18th of December our Residents along with Sue and Nikkara went out to Wyangala Dam for our Christmas party on board the houseboat some of our Residents were lucky enough to be able to share this special day. We had a BBQ lunch while we cruised up the river there was even time to take the shoes and socks off and dangle the feet in the nice cool water. Thank you again to our host Graeme and our bus driver Steve who also cooked the BBQ it was a nice way to relax after a busy weekend. We look forward to many more trips on the houseboat.



DECEMBER HIGHLIGHTS

SANTA CAME TO VISIT

On December 19th Residents of Weeroona had a special visitor. All of the Residents were very excited to see Santa and were asking Santa if they were on the nice list, needless to say they are all on the nice list. Santa visited everyone before having to leave to make sure he had enough time to get back to the North Pole so he could deliver all the Christmas presents.



DECEMBER HIGHLIGHTS

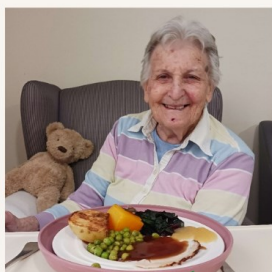
Christmas Lights Bus Tour

December 21st Residents and Staff boarded the bus at 7.30pm to go and look at all the Christmas light displays. Firstly, we had a tour of Cowra while we waited for the sun to go down. Our Bus driver, Steve provided us with special Christmas glasses that projected Santa faces when looking into the lights. There are some very creative people in town, who provide such joy for all ages. All our Residents had such a wonderful time looking at the displays, listening and singing along to the Christmas tunes. Thank you to Steve our Bus driver for taking us out to look at the lights and for giving up you're evening to be with us.



Christmas light tour

DECEMBER HIGHLIGHTS



Merry
Christmas



Christmas Day Lunch

CHRISTMAS DAY

December 25th with all Christmas presents delivered it was time to take in the many visitors including the talented Stevenson family who came to sing Christmas Carols to our Residents. Everyone had an amazing time with wonderful food and drinks provided by our wonderful Kitchen Staff.

Thank you to all staff that worked Christmas and helped make the day extra special.

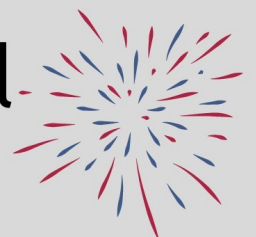
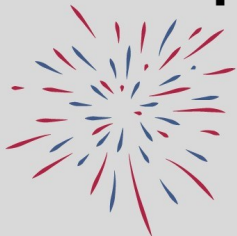
JANURARY HIGHLIGHTS

NEW YEAR 'S DAY

On New Years Day 2024, the Lifestyle Staff provided Residents with a New Years Day afternoon tea. Staff decorated the Queensland room and many Residents joined in for an afternoon of delicious food and singing. Thank you to the Kitchen Staff for the delightful food and drinks and to Nita Healy for leading us in song, Everyone had a wonderful afternoon.



Thank You 2023 And
Welcome 2024



JANURARY HIGHLIGHTS

MCDONALDS BUS OUTING

January 24th Residents boarded the bus and headed to McDonalds for lunch. Each Resident chose their own meal and drink, and I must say big macs were a popular choice along with the ever popular fries. There was a mix of hot and cold drinks.

This was also a first for one of our Residents, it was her very first time ever going to McDonalds and the first time she had tried an iced coffee and I must say this lady was not disappointed. After our lunch we decided it was time for a soft serve ice cream which went down a treat on a hot day. All the Residents had a wonderful time and are looking forward to their next bus outing. I wonder where we will end up next?



HIGHLIGHTS

AUSTRALIA DAY HAPPY HOUR

On the 26th of January Residents at Weeroona enjoyed a lovely afternoon out in our Queensland room. This area was perfect venue as it is central to bring all wings together. Here we enjoyed an afternoon of good food, drink and a chance to sit and chat to discuss memories of time gone by, in this beautiful Country that we all call home.

Thank you to the Kitchen Staff that put together the food for us all to enjoy!!



HIGHLIGHTS

INDOOR GOLF



MORNING ACTIVITY

MORNING ACTIVITIES

Due to the warmer weather, we have decided to mix things up by holding our afternoon activities in the morning.

On Tuesdays we have been enjoying morning golf and our long outdoor walks, then in the afternoon enjoying some one-on-one chats and nail care.

On Thursday mornings we have the men's shed and short outdoor walks followed by cooking and balance exercises in the afternoon.

Mondays Wednesdays and Fridays have stayed the same with our Bingo afternoons, that are a massive hit.

MENS SHED CURRENT PROJECT

In the Men's Shed we are currently working on restoring a bedside table that was kindly given to us by one of our Nurses. Many yarns take place in the Men's shed as well as a little bit of work.



Lemon Flummery Slice

INGREDIENTS

- ♦ 85g Lemon jelly crystals
- ♦ 250g Granita biscuits
- ♦ 125g Butter (melted)
- ♦ 600ml thickened cream.

METHOD

- ♦ Place jelly crystals in a small bowl add 1 cup (250ml) boiling water and stir to dissolve. Refrigerate for 30 minutes until cold and just starting to set.
- ♦ Blitz biscuits in a food processor into a fine crumb. Add butter and pulse until well combined. Tip into an 18cm x 25cm slice tin that has been greased and lined with baking paper, leaving enough paper overhanging to lift the finished slice out of the tin. Press biscuits into a firm even layer in the tin with the back of a large spoon. Refrigerate for 30 minutes.
- ♦ In a bowl of a stand mixer or using hand-held beaters, whip cream until just starting to thicken. Add set jelly and continue beating for 4-5 minutes until thick. Pour over biscuit base in tin and smooth the top. Refrigerate for at least two hours to set.
- ♦ Use overhanging baking paper to lift slice out of tin and place on a chopping board. Cut into squares to serve.



RESIDENT & STAFF PROFILE

STAFF PROFILE

David Harris

Have you met our Wonderful Kitchen Supervisor
David?

Let's get to know him...

David was born in Parkes NSW in November 1977, he is the youngest of 4 children. He grew up in Parkes along side of 2 brother and 1 sister. David travelled to Sydney for schooling and completed his school years in 1993. After leaving school he went on to work 22 years at Woolworths, 11 years in Penrith and 11 years in Parkes.

David moved back to Parkes in the year 2000 to help his father take care of their family Racehorses, after he suffered a heart attack.

David moved to Cowra in 2016, trying his hand as a publican at the Koorawatha Hotel, he and his partner managed the pub for 3 years. In 2019 David joined us here at Weeroona as a kitchen hand before moving into the Kitchen Supervisor role in 2022.

David's interests outside of work are—Horse racing, where he has trained and driven over 100 winners with his most recent winner being this Australia Day in Parkes.



Above—David pictured with his most recent
winner in Parkes

RESIDENT PROFILE

Betty 'Jo' Duncan

Jo was born in February 1936 in Chatswood, she had one older brother and a younger sister, their family moved around a lot, changing schools up to 10 times.

Jo married young, to Reg, who had 3 children of his own that Jo loved and raised as her own, they soon had a son William. Unfortunately, marriages don't last.

After working for Telstra for many years Jo was able to buy her own block of land and settled in Urunga NSW, there she was a member of the Probus and View social clubs, Jo enjoyed her social life until she had a stroke and relocated to Cowra to be closer to her son. Lucky for us.

Jo enjoys trying new activities and getting together with other residents, she also loves going on the bus trips and always has a good time.



RESIDENT BIRTHDAYS

HAPPY
BIRTHDAY



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

February

- ♦ 3 - Bruce Anderson
- ♦ 3 – Fay Wright
- ♦ 11–Wendy Quilter
- ♦ 12 - Peter Reeks
- ♦ 23 - Robin Bushell
- ♦ 28 - Betty Duncan

March

- ♦ 6– Beryl Callan
- ♦ 8– Eberhard (John) Loebler
- ♦ 9– Betty Rush
- ♦ 27– Lillian Cain
- ♦ 29– Ada (Mary)Jackson



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>

Why do sharks swim in salt water ?

JOKES ...

A. Because they are allergic to pepper !

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.

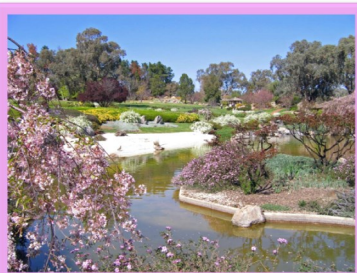
Although Weeroona's staff make their best efforts to ensure no harm comes to Resident belongings, unforeseen accidents happen as we all know.

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.



Next Issue

February & March Review

February & March Highlights

Resident Profile

Employee Profile

April & May Events

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.



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



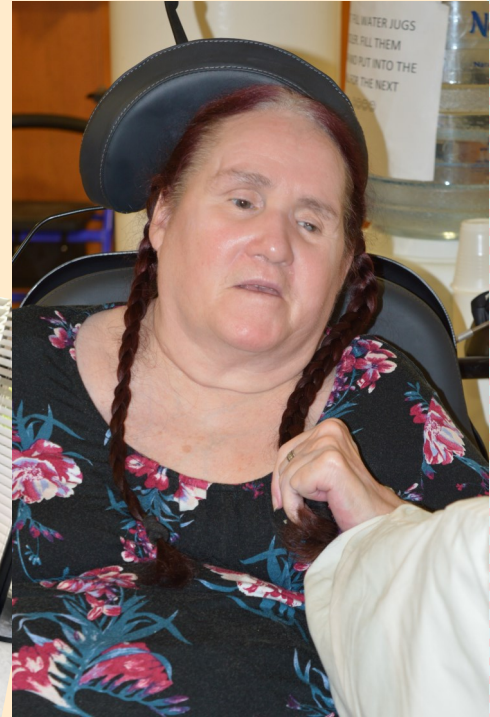
10 Comerford Street
Cowra NSW 2794

YOUR CHOICE

In Aged Care

GARDEN OF REMEMBRANCE

Forever in our hearts



Lifestyle Program February 2024



				Thur 1st	Fri 2nd
Acacia AM				Men Shed	10am 1:1 Roomchats/ Exercises
Grevillea/Banksia				Walks/ Men Shed	10am 1:1 Roomchats/ Exercises
Waratah AM				Music/ Men's Shed	10am 1:1 Roomchats/ Exercises
Acacia PM				Cooking	Bingo 2 pm
Grevillea/Banksia				Cooking	Hangman
Waratah PM				Cooking	Montessori
	Mon 5th	Tue 6th	Wed 7th	Thur 8th	Fri 9th
Acacia AM	10am 1:1 Roomchats/ Exercises	Indoor golf	10am 1:1 Roomchats/ Exercises	Men Shed	10am 1:1 Roomchats/ Exercises
Grevillea/Banksia	10am 1:1 Roomchats/ Exercises	Balloon tennis	10am 1:1 Roomchats/ Exercises	Walks/ Men Shed	10am 1:1 Roomchats/ Exercises
Waratah AM	10am 1:1 Roomchats/ Exercises	Darts	10am 1:1 Roomchats/ Exercises	Music/ Men's Shed	10am 1:1 Roomchats/ Exercises
Acacia PM	Bingo 2pm	Nail Care	Hoy	Cooking	Bingo 2pm
Grevillea/Banksia	Armchair Travel	Nail Care	Bingo 2pm	Cooking	Music Quiz
Waratah PM	Montessori	Nail Care	Whiteboard Quiz	Cooking	Quoits
	Mon 12th	Tue 13th	Wed 14th	Thu 15th	Fri 16th
Acacia AM	10am 1:1 Roomchats/ Exercises	Indoor Bowls	10am 1:1 Roomchats/ Exercises	Balance / Men's Shed	10am 1:1 Roomchats/ Exercises
Grevillea/Banksia	10am 1:1 Roomchats/ Exercises	Whiteboard games	10am 1:1 Roomchats/ Exercises	Walks/ Men's Shed	10am 1:1 Roomchats/ Exercises
Waratah AM	10am 1:1 Roomchats/ Exercises	Balloon tennis	10am 1:1 Roomchats/ Exercises	1:1 Room chats / Mens Shed	10am 1:1 Roomchats/ Exercises
Acacia PM	Paul Clark	Nail Care	Valentines	Cooking	Bingo 2pm
Grevillea/Banksia	Entertainer	Nail Care	Day	Cooking	Ten pin bowling
Waratah PM	Ukulele	Nail Care	Happy Hour	Cooking	Jigsaw puzzles
	Mon 19th	Tue 20th	Wed 21st	Thu 22nd	Fri 23rd
Acacia AM	10am 1:1 Roomchats/ Exercises	Quiz	10am 1:1 Roomchats/ Exercises	Balance / Men's Shed	10am 1:1 Roomchats/ Exercises
Grevillea/Banksia	10am 1:1 Roomchats/ Exercises	Hoy	10am 1:1 Roomchats/ Exercises	Walks/Men's Shed	Exercises 10.00am
Waratah AM	10am 1:1 Roomchats/ Exercises	Hand Massages	10am 1:1 Roomchats/ Exercises	Music/ Men's Shed	Exercises 10:00am
Acacia PM	Bingo 2pm	Nail Care	Documentary	Cooking	Bingo 2pm
Grevillea/Banksia	Quoits/ Darts	Nail Care	Bingo 2pm	Cooking	Balloon Tennis
Waratah PM	Ten pin Bowling	Nail Care	Darts	Cooking	Music Quiz
	Mon 26th	Tue 27th	Wed 28th	Thur 29th	
Acacia AM	10am 1:1 Roomchats/ Exercises	Quoits/Darts	10am 1:1 Roomchats/ Exercises	Balance / Men's Shed	
Grevillea/Banksia	10am 1:1 Roomchats/ Exercises	Pictionary	10am 1:1 Roomchats/ Exercises	Walks/ Men's Shed	
Waratah AM	10am 1:1 Roomchats/ Exercises	Movie	10am 1:1 Roomchats/ Exercises	1:1 Room chats / Mens Shed	
Acacia PM	Bingo 2pm	Nail Care	Indoor Golf	Cooking	
Grevillea/Banksia	Quiz	Nail Care	Bingo 2pm	Cooking	
Waratah PM	Quoits	Nail Care	Hand Massages	Cooking	

Please switch TV's off during Activities or play soft music

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

Lifestyle Program March 2024

					Fri 1st
Acacia AM					1:1 Room chats/ Exercises
Grevillea/Banksia					1:1 Room chats/ Exercises
Waratah AM					1:1 Room chats/ Exercises
Acacia PM					Bingo
Grevillea/Banksia					Quotls
Waratah PM					Darts
	Mon 4th	Tue 5th	Wed 6th	Thu 7th	Fri 8th
Acacia AM	1:1 Room chats/Exercises	Indoor Golf	1:1 Room chats / Exercises	Men's Shed	1:1 Room chats/ Exercises
Grevillea/Banksia	1:1 Room chats/Exercises	White board Quiz	1:1 Room chats / Exercises	Walks/ Men's shed	1:1 Room chats/ Exercises
Waratah AM	1:1 Room chats/Exercises	Baloon Tennis	1:1 Room chats / Exercises	Men's Shed	1:1 Room chats/ Exercises
Acacia PM	Bingo	Nail Care	Hand Massage	Cooking	Bingo
Grevillea/Banksia	Pictionary	Nail Care	Bingo	Cooking	Darts
Waratah PM	Montessori	Nail Care	Hangman	Cooking	Movie
	Mon 11th	Tue 12th	Wed 13th	Thu 14th	Fri 15th
Acacia AM	1:1 Room chats /Exercises	Indoor bowling	1:1 Room chats / Exercises	Men's Shed	1:1 Room chats/ Exercises
Grevillea/Banksia	1:1 Room chats /Exercises	Short walks	1:1 Room chats / Exercises	Walks/ Men's shed	1:1 Room chats/ Exercises
Waratah AM	1:1 Room chats /Exercises	Quotls	1:1 Room chats / Exercises	Men's Shed	1:1 Room chats/ Exercises
Acacia PM	Bingo	Nail Care	Documentary	Cooking	Happy
Grevillea/Banksia	Balloon Tennis	Nail Care	Bingo	Cooking	Hour
Waratah PM	Hand Massages	Nail Care	montessori	Cooking	Afternoon tea
	Mon 18th	Tue 19th	Wed 20th	Thu 21st	Fri 22nd
Acacia AM	1:1 Room chats /Exercises	White board Quiz	1:1 Room chats / Exercises	Men's Shed	1:1 Room chats/ Exercises
Grevillea/Banksia	1:1 Room chats/ Exercises	Short walks	1:1 Room chats / Exercises	Walks/ Men's shed	1:1 Room chats/ Exercises
Waratah AM	1:1 Room chats/ Exercises	Movie	1:1 Room chats / Exercises	Men's Shed	1:1 Room chats/ Exercises
Acacia PM	Bingo	Nail Care	Hoy	Cooking	Bingo
Grevillea/Banksia	Ten pin Bowling	Nail Care	Bingo	Cooking	Airchair Travel
Waratah PM	White board Quiz	Nail Care	Ten pin Bowling	Cooking	Montessori
	Mon 25rd	Tue 26th	Wed 27th	Thur 28th	Fri 29th
Acacia AM	1:1 Room chats /Exercises	ten pin bowling	1:1 Room chats / Exercises	Men's Shed	1:1 Room chats/ Exercises
Grevillea/Banksia	1:1 Room chats/ Exercises	Short walks	1:1 Room chats / Exercises	Walks/ Men's shed	1:1 Room chats/ Exercises
Waratah AM	1:1 Room chats/ Exercises	Music & hand massages	1:1 Room chats / Exercises	Men's Shed	1:1 Room chats/ Exercises
Acacia PM	Bingo	Nail Care	Bunnings	Cooking	Bingo
Grevillea/Banksia	Hoy	Nail Care	Bunnings	Cooking	Music Quiz
Waratah PM	Jigsaw puzzles	Nail Care	Bunnings	cooking	Balloon Tennis

WEEKEND ACTIVITIES: Group afternoon tea 1st and 3rd Sunday of the month

Colour Key- Acacia Wing-Pink , Grevillea/Banksia-Green, Waratah-Blue Church -1st and 3rd Friday of the month

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:.....