



WEEROONA

AGED CARE RESIDENCE



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Letter From The DON

Dear Residents, Families and Friends,

As we move into the warmer months, it is wonderful to see more opportunities for residents to enjoy the sunshine, outings and activities around Weeroona.

With warmer weather comes an important reminder to keep well hydrated.

Residents are encouraged to drink regularly throughout the day, particularly during meals, activities and time spent outdoors. Families and visitors can also help by encouraging their loved ones to have a drink while visiting.

I would also like to acknowledge the dedication of our staff across all areas of Weeroona. Our care, nursing, lifestyle, kitchen, laundry, cleaning, administration and support teams all play an important role in making Weeroona a safe, comfortable and welcoming place to live. Their kindness, patience and hard work are greatly appreciated.

We also ask everyone within our Weeroona community to continue showing kindness and respect to one another. Just as our staff are committed to treating residents with dignity and care, we ask that the same courtesy is shown to staff, fellow residents and visitors.

If you have concerns or feedback, please continue to raise them with us so we can listen and assist.

Thank you to our residents, families, visitors and staff for continuing to make Weeroona a caring and supportive community.

Nikhil Aryal



Months In Review - Catch up With Lifestyle Coordinator

Nikkara Brennan

June 2026

As winter arrived, our Lifestyle team continued supporting residents to stay connected through regular activities, pet therapy and individual visits. Time spent chatting with residents in their rooms remained an important part of our program, particularly for those who preferred quieter company or were unable to join group activities.

Our June Residents and Relatives Meeting gave residents the opportunity to reflect on the program and share ideas. Residents said they were happy with the month's activities and contributed suggestions for future outings, music and spiritual resources. Favourite songs, more hymns and large-print Bibles were among the ideas discussed, along with ways to support ongoing gardening activities.

Thank you to everyone who shared their thoughts. Your interests and preferences help us plan activities that feel familiar, enjoyable and worthwhile, whether that means joining an outing, spending time with a visiting pet or having a quiet conversation.

July 2026

July brought several opportunities to enjoy our local community. Residents attended Cowra Cabaret, visited Cowra Library on our women's outing and enjoyed lunch at Canowindra Services Club on 16 July. The Canowindra outing was warmly received, with residents telling us they had a wonderful time. Feedback from these outings also helped us consider comfort and enjoyment when planning future visits.

Back at Weeroona, NAIDOC Week activities and our Western-themed Happy Hour added variety to the winter program. Our Grandfriends group walk with local preschool children was another opportunity for residents and children to spend time together and continue building these friendships.

Regular exercise, group walks, pet therapy and one-to-one visits continued alongside the special events. It was encouraging to hear residents acknowledge improvements in individual visits at our July meeting. Thank you to our community visitors, local venues and Lifestyle team for their part in the month's activities.

August 2026

Our lunch outing to Woodstock Hotel on 13 August was a highlight of the month. Residents enjoyed the meal and country hospitality, gave the visit a 10 out of 10 and were already asking about a return trip! Thank you to the Woodstock Hotel team for welcoming us, and to Steve Kurtz and Cowra Bus Services for helping us get there and home safely.



Months In Review - Catch up With Lifestyle Coordinator

Nikkara Brennan

August 2026 Continued.

We also celebrated Philippine culture with our Buwan ng Wika afternoon. Residents had the opportunity to experience food and learn about a culture represented within our own Weeroona team. A special thank you to Cathrine, Resy, Marifi, Zenith and Emmanuel for sharing their cooking and culture with us. Their contribution made this a personal and welcoming occasion.

We were delighted to welcome the Cowra Dance Factory Ready Set Dance children to Weeroona in August. Their dance performance was a lovely opportunity for residents to enjoy a visit from some of our youngest community members. A warm thank you to the children, their teachers and families for sharing their time and talents with us. August also included Aged Care Employee Day, recognising the people who support life at Weeroona each day. To our Lifestyle staff and colleagues across the residence, thank you for the care and effort you put into supporting our residents and making these activities possible.

September 2026

Father's Day was a special part of September as we celebrated the fathers, grandfathers and father figures in our Weeroona community. Our Father's Day Afternoon Tea on Friday 4 September provided an opportunity for residents and families to celebrate together. The celebrations continued on Father's Day itself, Sunday 6 September, with gifts and cake for our residents. Congratulations to Charlie Fountain, the winner of our resident Father's Day raffle, and thank you to everyone who helped make the celebrations possible.

Residents headed out for lunch at Club Cowra on 15 September, with positive feedback about the meals and support provided on the day. We also welcomed ventriloquist Natalie May on 18 September. Her performance was well received and gave residents something different to enjoy together.

Our connection with Carinya Early Childhood continued with a Grandfriends visit on 25 September. Teddy bears made by our Memory Support Unit were shared with the children as new furry friends to take home. Thank you to Tarnia and the Carinya team for organising these visits and helping the friendships between our residents and the children continue to grow.

New large-print Bibles, prayer books and rosaries were also made available in Acacia Library during September. These resources give residents more choice in how they practise their faith and spend quiet time, alongside our visiting church services.



What's Coming up October and November

Nikkara Brennan

There is plenty to look forward to at Weeroona as we head into the final months of spring! Our Lifestyle Team has been busy planning a wonderful mix of outings, celebrations, community connections and special events for residents to enjoy.

October

October is shaping up to be another fun-filled month, with plenty of opportunities to get involved.

Residents can look forward to NRL Grand Final celebrations, with footy-themed fun as we enjoy one of the biggest weekends on the sporting calendar.

Our monthly bus outings will continue, including a lunch trip to the Gooloogong Hotel, giving residents the opportunity to enjoy a relaxed meal, a change of scenery and time out in the community.

Throughout October, Weeroona will also be supporting Breast Cancer Awareness Month, including plenty of pink around the home and a special Pink Day on Friday 23 October.

Alongside our special events, residents can continue to enjoy our regular favourites including bingo, exercise groups, church services, bus outings, music, games, gardening, one-to-one visits and plenty of opportunities for social connection.

November

November will bring even more opportunities to get out and about and enjoy the warmer spring weather.

We are planning a bus trip to Wyangala Dam for a BBQ picnic, where residents can enjoy lunch together while taking in the beautiful surrounds.

Our much-loved Grandfriends interactions will also continue, providing meaningful opportunities for residents and our younger visitors to spend time together, share stories, create and simply enjoy each other's company.

We will come together for our Remembrance Day Service, taking time to reflect and honour all those who have served and sacrificed.

Residents can also look forward to a Melbourne Cup-themed Happy Hour, complete with race-day fun, fascinators, refreshments and plenty of Melbourne Cup spirit.

We are also looking forward to welcoming live music back to Weeroona during November, with the performance date and time to be announced.

With Christmas just around the corner, November will also see preparations beginning for a very festive December at Weeroona!



Hairdressing & Barber Services at Weeroona

Looking and feeling your best is an important part of wellbeing, confidence and self-care, and we are pleased to offer regular hairdressing services here at Weeroona.

Visiting Hairdresser – Kylie

Our visiting hairdresser, Kylie, attends Weeroona on a fortnightly basis and offers a range of hairdressing services for residents, including:

- Haircuts
- Colours
- Perms
- Shampoo and sets
- General hair styling



Hairdressing charges are added to Residents monthly accounts

Kylie's upcoming visits are

Monday 12 October
Monday 26 October
Monday 9 November
Monday 23 November

Residents wishing to make an appointment with Kylie can speak with a member of the Lifestyle Team or staff, who can assist with adding their name to the booking list.

Friday Appointments with Denise Nealon

We are also pleased to have Denise Nealon visiting Weeroona each Friday for privately arranged hairdressing appointments.

Residents and families who would like to organise a private booking with Denise are welcome to speak with staff for further information.

Barber Services Coming Soon

We are currently in discussions with the team at Brother Fox Barber in Cowra about introducing regular barber services at Weeroona.

We are excited about the possibility of adding another option for residents, particularly those who would enjoy a traditional barber experience without needing to leave the home.

Further information regarding appointments, services and commencement dates will be shared once arrangements have been finalised.

We look forward to continuing to expand the range of personal care and grooming options available to our residents.



Podiatry Services at Weeroona

Foot health is an important part of maintaining comfort, mobility and independence, and we are pleased to continue welcoming Kate Stonestreet, Podiatrist, to Weeroona for regular monthly visits.

Meet Kate Stonestreet

Kate is a private podiatrist who works from Cowra Medical Associates. Before returning to the Cowra area, Kate gained experience working in a busy podiatry clinic in East Gosford. She has been practising from Cowra Medical Associates since 2012 and, over the past several years, has also been providing monthly podiatry visits to residents here at Weeroona.

Kate is familiar with the needs of older adults and provides a range of podiatry services designed to support foot health, comfort and mobility.

Services Kate Can Provide

- ✓ Nail and skin care
- ✓ Foot, heel and leg pain assessment
- ✓ Gait assessment
- ✓ Orthotic therapy
- ✓ Footwear advice
- ✓ Diabetes foot health care
- ✓ Nail surgery
- ✓ General podiatry assessment and treatment

Upcoming Visits

Kate's next visits to Weeroona are scheduled for:
Wednesday 21 October 2026
Wednesday 18 November 2026



Podiatry charges are added to Residents monthly accounts

Residents or families who would like further information about podiatry appointments or upcoming visits are welcome to speak with staff.

Regular podiatry care can make a significant difference to comfort, mobility and overall wellbeing, and we are very pleased to continue offering this service to our residents.

This edition we are taking a look behind the scenes of two of the busiest areas of Weeroona — the laundry and the Kitchen.

Sandi is our Laundry and Cleaning Supervisor and has been part of the Weeroona team on and off since 2008. Her role is one that keeps the home running smoothly every single day, even though much of the work happens quietly in the background. A normal day in the laundry involves checking chemicals, washing, drying, folding, labelling, sewing, keeping the laundry clean and tidy, and assisting with infection control processes when needed. The laundry usually starts at 7:30am on weekdays and 8:00am on weekends, with plenty to keep the team busy from the moment the day begins.

The laundry processes a wide range of items including resident clothing, towels, sheets, blankets, personal items, and anything else that needs washing. On a busy day, Sandi says the laundry can process at least 14 loads, depending on the number of residents and the items needing attention.

Once clothing or linen arrives in the laundry, it is separated, washed, dried, folded, and returned to the correct area. Resident clothing is placed into each person's own labelled tub before being delivered back, while linen and towels are folded and placed back onto the laundry shelves ready for use.

One thing people may not realise about working in the laundry is just how physical the job can be. The laundry can become very hot, especially in summer, and wet items can be heavy to manage. Another challenge is unlabelled clothing, with black items and socks being especially difficult to identify.

Sandi encourages families to make sure clothing is clearly labelled, as this helps the laundry team return items to the correct residents as quickly and accurately as possible.

When asked what she enjoys most about her role, Sandi shared that she enjoys working in the laundry and doing what she can for the residents. She believes the laundry team helps residents feel comfortable and cared for by being friendly, helpful, and doing their best each day.

Her message to residents and families is simple:

"I am here to help — just come and ask."

We are now heading behind the scenes into the Weeroona kitchen with Cook Sonya, who has worked at Weeroona for just over one year. Sonya originally came from Sydney but has lived locally for around 25 years.

A day in the kitchen starts early, with meal preparation usually beginning at 6:00am. Sonya says there is always something to do. The day begins with breakfast, followed by making salads and sandwiches, before the team moves on to preparing lunch and desserts from around 9:00am.

The kitchen prepares a wide range of meals and food items each day, including breakfast, morning tea, lunch, afternoon tea, dinner, desserts, special diets, and texture-modified meals.

The number of meals prepared each day quickly adds up. Sonya explained that snacks, including sandwiches and fruit, can total around 70 items, while lunchtime hot meals and desserts are around 140, with a similar number again prepared for tea time. The kitchen also prepares morning and afternoon tea when time allows, including home-cooked afternoon tea options.

A lot of planning and time management goes into each day. Meals need to be prepared at the right time so food is fresh, safe, and ready when needed. Cold meals, cooked items, meats, vegetables, desserts, and texture-modified meals all need to be carefully managed throughout the day.

Resident preferences, allergies, special diets, medication-related food restrictions, and texture-modified requirements are all taken into consideration with great care. The kitchen keeps resident preference lists and weekly menus close at hand to help make sure meals are prepared correctly.

Sonya shared that one thing residents and families may not realise is how tight the kitchen schedule can be. Even so, the team will always try to answer questions and assist with special requests as they arise.

Food safety is a major part of the kitchen's daily routine. Hand washing is constant, and gloves are worn and changed regularly to help prevent contamination and maintain safe food preparation standards.

Some of the most popular items with residents have included homemade baking such as biscuits, cakes, and savoury morning tea items. Sonya also mentioned that some of the newer menu items, including lambs fry and bacon, poached salmon, and dessert strudels, have been well received.

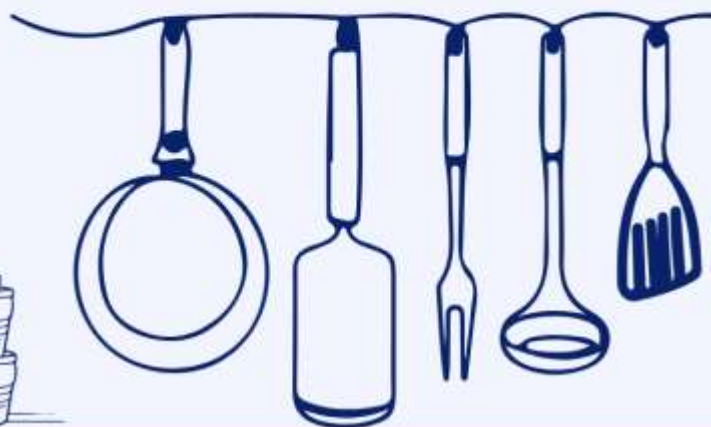
When asked about her favourite things to cook, Sonya said she likes to prepare whatever makes people happy. She especially enjoys making desserts and baking. Sonya also shared how much she enjoys working with the kitchen team: "We have a fantastic team of people. We all get along well, and I love making people happy with nice food."

The kitchen team is always open to suggestions. Sonya encourages residents and families to share feedback, whether it is good or bad, as it helps the kitchen know what is working well and what may need attention.

She would also love to hear any old favourites or ideas residents may have for morning teas, meals, or desserts.

Her message to residents and families is:

"Any feedback is encouraged. If anyone has an old favourite, or an idea for morning teas, meals or desserts, I would be very keen to try them."



Welcome to Our Newest Residents

Joan Cook

Roger Mitton

Patricia Hawkins

Peter Miller

Dorothy Dale

David Russell

Stephen Hines

Reginald Clarke



Welcome

We hope you will be happy and
Comfortable at Weeroona,
and we look forward to getting
to know you better.





Happy Snaps

KING'S BIRTHDAY HAPPY HOUR

Weeroona Aged Care Residence





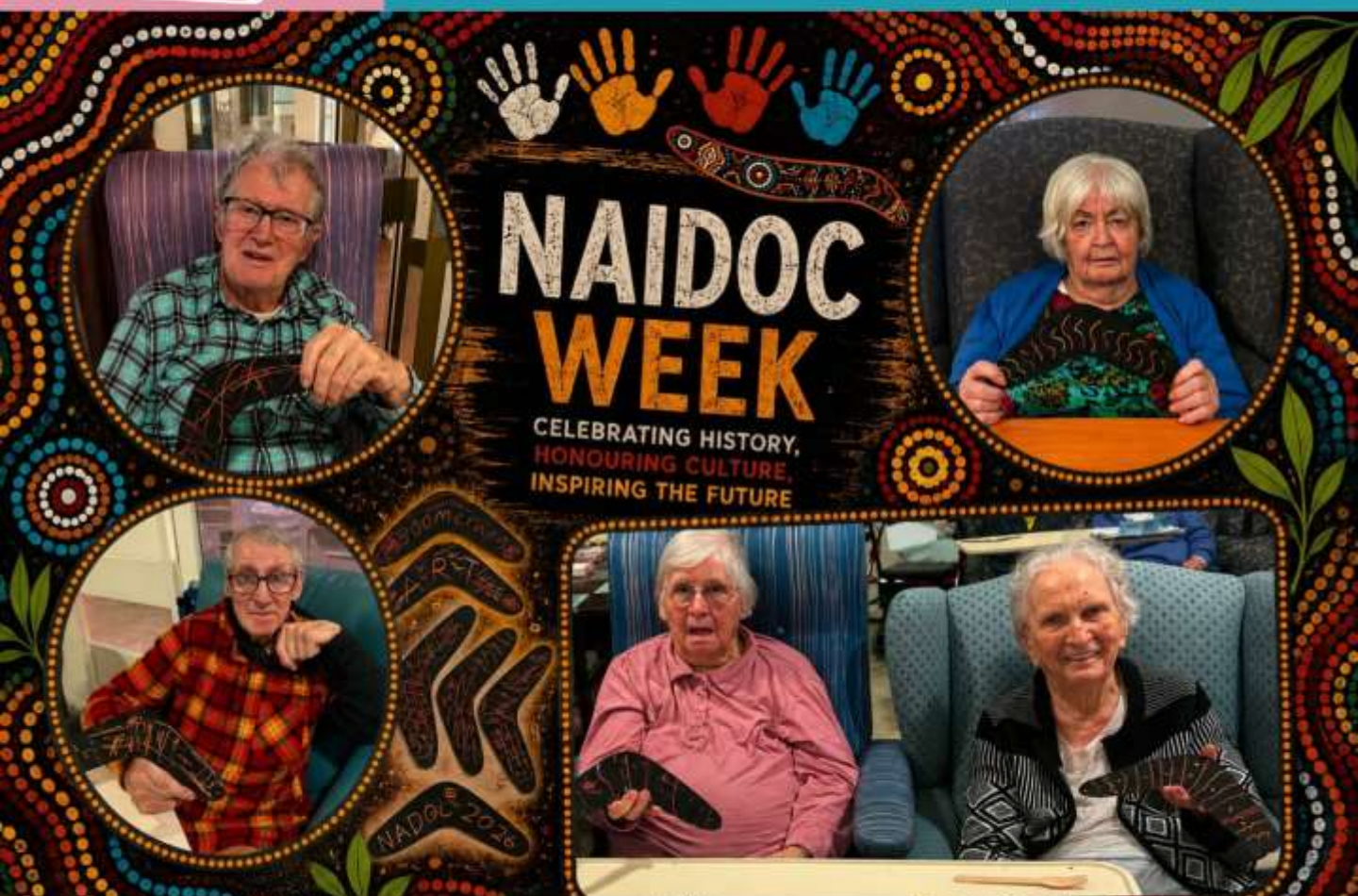
Happy Snaps

CANOWINDRA SERVICES CLUB





Happy Snaps





Happy Snaps

Club Cowra Cabaret





Happy Snaps





Happy Snaps





Happy Snaps





Happy Snaps



WEEROONA
AGED CARE RESIDENCE

Woodstock Hotel Bus Trip

Great company, country
hospitality and a delicious
lunch out. *Moments like these
make every day that little bit
brighter.*



Residents gave it 10/10!
"What a beautiful old country pub."





Happy Snaps

WEEROONA ROCKS!

1950s • ROCK & ROLL



LIFE'S BETTER WITH
ROCK & ROLL!

SWEET TREATS!

WEEROONA'S
RETRO DINER



SERVING SMILES ALL AFTERNOON!

MOVIE MATINÉE!

WEEROONA'S
BIG-SCREEN AFTERNOON

WELCOME TO
THE DINER!

WEEROONA

Friday 28th August
A Little Change to today's Happy Hour
Our Planned 1950's Happy Hour will be postponed due to some unexpected Staffing Changes - and our Karaoke King is giving his voice a rest. But the fun will still continue!
Please join us at 2pm for a Screening of the Musical 'Grease' Complete With Some delicious Afternoon tea treats to enjoy
Thank you for Your Understanding

10:45 AM Armchair
Exercise



THE SHOW MUST GO ON!

ROCK • ROLL
REPEAT!

MADE WITH
LOVE!



Happy Snaps





Happy Snaps





Happy Snaps





Happy Snaps





Happy Snaps





Happy Snaps





Happy Snaps





Birthdays

Celebrated

June

June Fetherston
Laurie Chislett

July

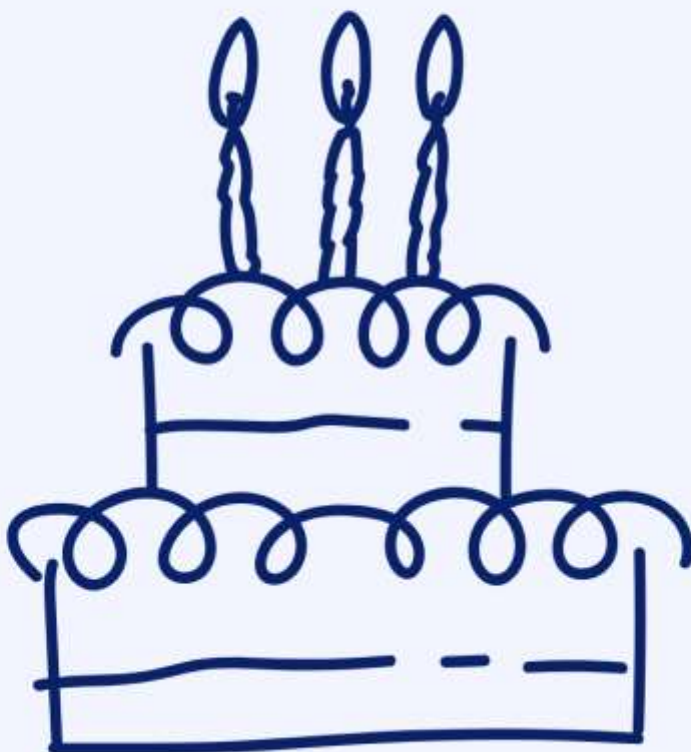
Loreen Potter
Lloyd Shingles
Claire Pilcher
Neil Potter
Paul Oliver
Patricia Hawkins
Peter Carne
Faye Starr
Iris MacDougal
Gwen Clark
John McGuiness

August

Win Robson
Jim Finnimore
Eveleen Trevanion
Dorothy Dale
Kevin Collis

September

James Wright
Sue Cloughessy
Jack Reynolds
Anne Reeves



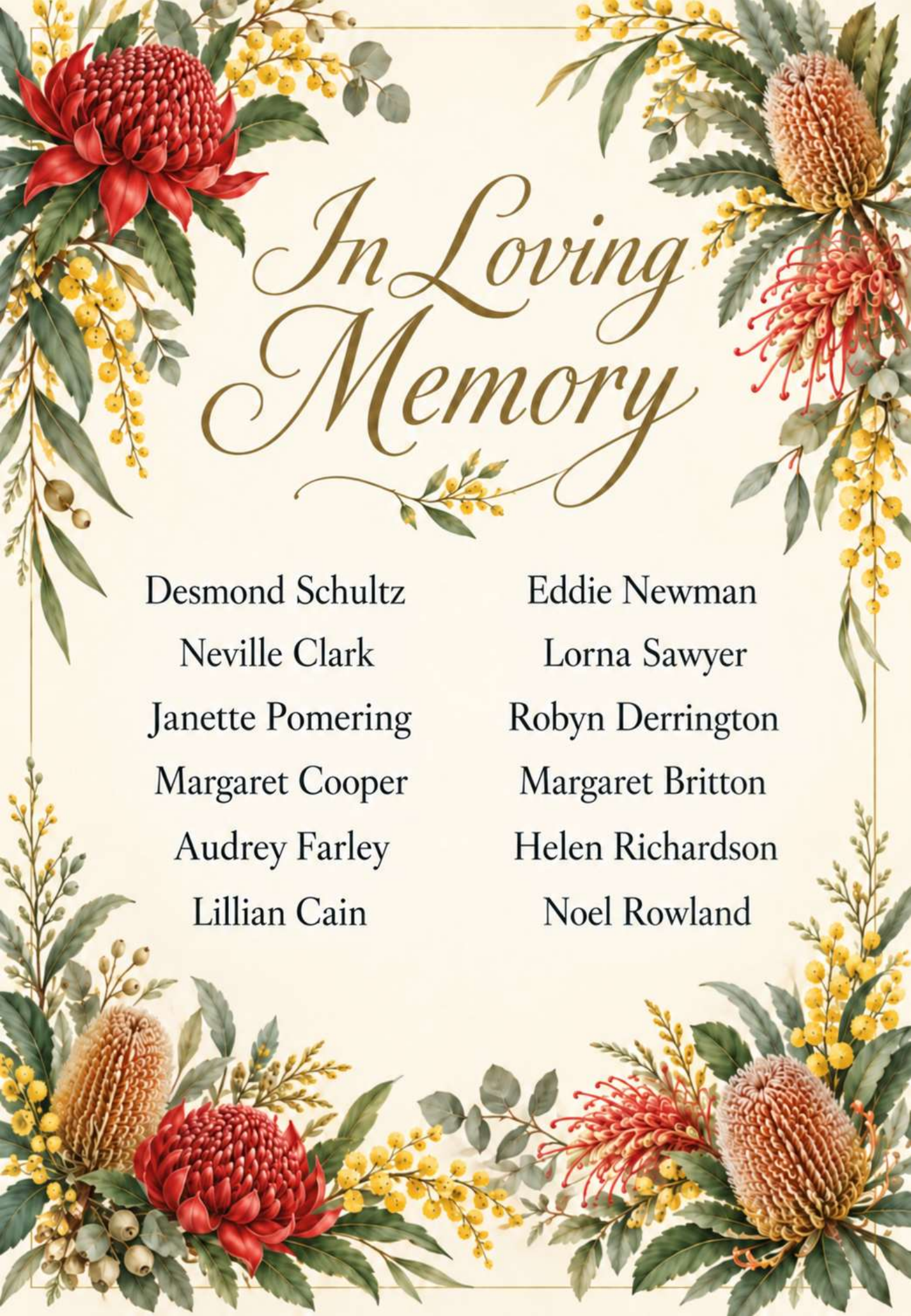
Upcoming

October

Helen Tozer
Barbara Chown
Nola Johnston
John Gray
June Savage
Warren Reid

November

Margaret Smith
Val Watt
Shane Newton
Gail Young
Paul Molloy
Kathleen Death



In Loving Memory

Desmond Schultz

Neville Clark

Janette Pomeroy

Margaret Cooper

Audrey Farley

Lillian Cain

Eddie Newman

Lorna Sawyer

Robyn Derrington

Margaret Britton

Helen Richardson

Noel Rowland



NOTICE BOARD



CLOTHING

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



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.



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.



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.



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.



UNLABELLED CLOTHING

Unlabelled clothing can be found every day in the Grevillea Therapy Room. Please check this regularly.



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.



FOOD LOG

There are food logs located at the front foyer in the nursing home. Please ensure you record any food brought into 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.



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.



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

Riddles & Puzzles Corner

A little fun for the back of the newsletter

Riddles



1. What has to be broken before you can use it?
2. What gets wetter the more it dries?
3. What month of the year has 28 days?
4. What has many keys but cannot open a single door?
5. What can you catch but not throw?
6. I am tall when I am young, and short when I am old. What am I?

Word Scramble

Unscramble these words

1. GPRINS _____
2. WERFLO _____
3. GNIOB _____
4. CSUIM _____
5. CINPIC _____
6. DENIRF _____
7. YROMEM _____
8. EDNAGR _____

Number Fun

What number comes next?

1. 2, 4, 6, 8, __
2. 5, 10, 15, 20, __
3. 30, 25, 20, 15, __
4. 1, 3, 5, 7, __
5. 10, 20, 30, 40, __
6. 100, 90, 80, 70, __

Answers

Riddles: 1. An egg 2. A towel 3. All of them 4. A piano 5. A cold 6. A candle

Word Scramble: 1. SPRING 2. FLOWER 3. BINGO 4. MUSIC 5. PICNIC 6. FRIEND 7. MEMORY 8. GARDEN

Number Fun: 1. 10 2. 25 3. 10 4. 9 5. 50 6. 60

YOUR FEEDBACK MATTERS

Your feedback – positive or negative – is welcome.

I WOULD LIKE TO PROVIDE:



PRAISE



SUGGESTION



COMPLAINT

HOW WE RECEIVED YOUR FEEDBACK:



Phone ☐



In Person ☐



In Writing ☐

Date: ____ / ____ / ____

Time: _____

YOUR DETAILS (OPTIONAL)

Name of person providing feedback: _____

Relationship to resident: _____

Address: _____

Phone number: _____ (if not a consumer)



DETAILS OF YOUR FEEDBACK

Please provide as much detail as you can to help us understand.

.....

.....

.....

.....

.....

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.....

.....



Signature: _____



Date: ____ / ____ / ____



STAFF RECEIVING THIS FEEDBACK (Office Use Only)

Name: _____

Date: ____ / ____ / ____



Thank you for helping us improve our care and services.

OFFICE USE ONLY



RESPONSE TO FEEDBACK

(OFFICE USE ONLY)

.....

.....

.....

THIS PART TO BE COMPLETED BY DON / DDON

Date feedback acknowledged: ____ / ____ / ____

Acknowledged via: ☐ 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

Date: ____ / ____ / ____



(Director of Nursing)



Was Feedback Response Satisfactory? Yes ☐ No ☐



Report received and recorded in Feedback Register on (date): ____ / ____ / ____

Feedback Number: _____



Together, we create a better experience for residents, families and our community.