

February and March 2025



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A message from the Director of Nursing

## HELLO everyone,

What a fantastic few months it has been! As we look back on all the events, achievements, and unforgettable moments, it's clear that our community is thriving more than ever. From lively gatherings and standout performances to the small everyday wins that make a difference, there has been no shortage of reasons to celebrate.

A huge thank you to everyone for the effort they put in each day to keep Weeroona running smoothly. It's the dedication, teamwork, and passion of our staff that make this place truly special, and it doesn't go unnoticed.

As daylight savings ends on Sunday, April 6th (don't forget to turn your clocks back) we welcome the change in season and all the exciting things coming up in April and May.

There's plenty to look forward to, so let's embrace the opportunities ahead and make the most of what's to come!

Here's to another great season at Weeroona!

**See you all soon,**

*Remember...*

*Keep on smiling*

## NIKHIL

# Welcome



## TO OUR NEW RESIDENTS

Gerhard Stuhlfauth  
Dermot Rodwell

John Williems

*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.*

## MONTHS IN REVIEW

Dear Weeroona Family,

As autumn arrives, we reflect on the joy-filled months of February and March, packed with creativity, connection, and celebration.

### February Highlights:

- Valentine's Week:** Residents enjoyed Valentine's Bingo, crafting personalized coasters, and a love song sing-along. Thanks to Woolworths Cowra for the beautiful red roses! Pg 4
- Grenfell Outing:** 15 residents visited the stunning painted silos, followed by a delightful lunch at the Criterion Hotel. Special thanks to Cowra Bus Services and driver Steve. Pg 5

### March Highlights:

- NSW Seniors Festival:** Residents took part in the Lachlan Valley Railway Heritage Train Experience, "Our Rock Journey" concert, and community luncheons. Pg 6-9
- St. Patrick's Day:** Festivities included crafts, trivia, and a social happy hour, celebrating Irish heritage. Pg 9-10
- Cowra Festival of International Understanding:** We hosted Festival Youth Ambassadors representing all they have learnt about India, fostering cultural exchange and learning. Pg 10

These months have been filled with laughter, creativity, and community spirit. Thank you to our residents, families, volunteers, and staff for making these moments so special. We look forward to more enriching experiences ahead!

Warm regards,

**Nikkara & Sue**

Lifestyle Coordinators

Weeroona Aged Care

# EMBRACING THE SPIRIT OF THE 2025 AHP AUSTRALIAN OPEN



At Weeroona Aged Care, we believe in fostering an active and engaging environment for our residents, and this year's **2025 AHP Australian Open** was no exception. Led by our dedicated in-house physiotherapist, **Emmanuel**, our residents enthusiastically participated in a series of **tennis-themed activities**, capturing the excitement and energy of the iconic tournament.

The event was designed not only for fun but also to promote **movement, coordination, and social interaction**, with each

resident embracing the spirit of friendly competition. From **mini tennis games** to **balloon volleys**, the activities brought both joy and physical engagement into their daily routines, enhancing both physical well-being and camaraderie.

At **Weeroona Aged Care**, we continually seek opportunities for our residents to stay active and engaged, celebrating both physical and mental wellness in creative ways. The Australian Open provided a perfect backdrop to foster this sense of community and active participation.



# Weeroona Aged Care's Valentine's Week Festivities



At Weeroona Aged Care, Valentine's Week was a heartwarming celebration filled with **joy, creativity, and musical camaraderie**. Residents embraced the spirit of love through a series of engaging activities designed to foster social connection and shared happiness.

Among the highlights was **Valentine's Bingo**, a lively and interactive session that brought laughter and excitement to all

participants. Residents also took part in a **crafting workshop**, where they designed beautifully personalized **drink coasters**, adding a creative touch to the celebrations.

The pinnacle of the week was our **Valentine's Happy Hour**, featuring a **love song sing-along** that encouraged full participation. With the aid of Weeroona's very own **love song books**, residents joyfully revisited timeless melodies, creating a truly inclusive and uplifting musical experience.

We extend our heartfelt appreciation to **Woolworths Cowra**, whose generosity made the celebration even more special. A special thank you to **Cass** for the thoughtful donation of **dozens of red roses**, which brightened our space and brought countless smiles to our residents.

Events like these underscore our commitment to **cultivating a warm, connected, and joyous community** at Weeroona Aged Care. We look forward to many more moments of togetherness and celebration in the future!



# A DAY TO REMEMBER: WEEROONA AGED CARE'S TRIP TO GRENFELL



On **Tuesday, February 18th**, 15 of our wonderful residents embarked on an unforgettable day trip to **Grenfell, NSW**, where they had the opportunity to experience the breathtaking **painted silos**. The stunning vibrant colours and intricate artwork left everyone in awe, bringing smiles to our residents' faces and sparking joyful conversations.

After taking in the beauty of the silos, the group enjoyed a delicious lunch at the **Criterion Hotel**, where they were treated to warm hospitality and beautifully prepared meals. We extend our heartfelt thanks to the **Criterion Hotel** team for making the day even more special with their exceptional service.

A big thank you also goes to **Cowra Bus Services** and our fantastic driver, **Steve**, for ensuring everyone had a safe and comfortable journey. Their professionalism made the day seamless and enjoyable for all.

This outing was a perfect example of how we create meaningful and memorable experiences for our residents, providing opportunities for exploration, connection, and joy. We look forward to many more exciting adventures in the future!



# seniors FESTIVAL 2025

*The 2025 NSW Seniors Festival proved to be an extraordinary opportunity for residents of Weeroona Aged Care to engage in enriching social, cultural, and recreational activities. The festival underscored the vital importance of **community engagement**, **historical appreciation**, and **well-being**, providing residents with a diverse range of experiences that fostered connection and promoted lifelong learning. Below is a reflection on the activities and milestones that made this festival week truly memorable.*

## Lachlan Valley Railway Heritage Train Experience



Kicking off the festival, residents had the privilege of embarking on a **historical rail journey** aboard the **98-year-old rail motor**. The scenic route, which took participants from the station to the **Lachlan River**, offered not only breathtaking views but also a deep dive into the historical significance of the railway system in regional development. This experience evoked thought-provoking conversations about the role of trains in shaping communities and the evolution of

transportation in rural Australia.

## "Our Rock Journey" Concert & Morning Tea

Later in the festival, residents gathered at **Club Cowra** for an uplifting **musical performance** by **John Wood and Dave Allen**. Their nostalgic

renditions of classic hits transported residents back to a time of familiar tunes, evoking memories and creating opportunities for **reminiscence therapy**.

Complemented by a traditional **morning tea**, the event not only served as a sensory engagement experience but also fostered social interaction and deeper connections within the community.

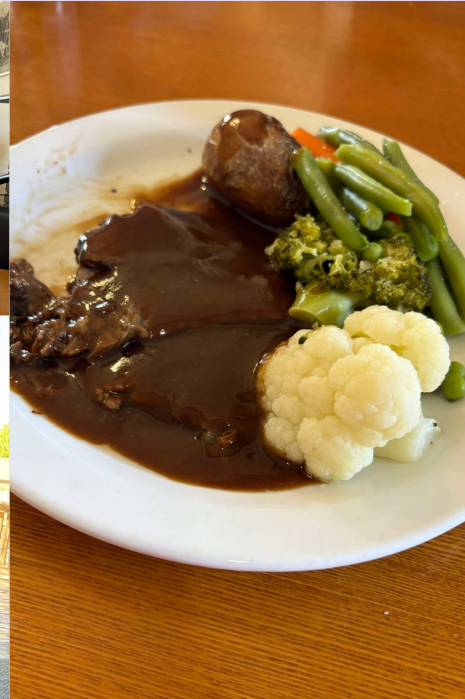


# seniors Festival 2025

A particularly special aspect of the festival was the **community luncheons** at the **Royal Hotel Woodstock** and the **Gooloogong Hotel**, organised in collaboration with **Meals on Wheels**.

These gatherings provided residents with an opportunity to enjoy delicious, nutritious meals while simultaneously reinforcing the importance of **social inclusion** and **community support**. The

shared experience allowed for meaningful conversations and further strengthened the bonds between residents and the greater local community.



# seniors festival 2025

## *Croquet: A Social and Physical Wellness Activity*

As part of the festival's emphasis on **active engagement**, a **croquet session** offered residents a light-hearted opportunity to engage in **physical activity**, all while promoting **strategic thinking** and **social interaction**. The session was a wonderful way for residents to connect with each other through friendly competition, and

it highlighted the importance of **recreational activities** in promoting cognitive health and overall well-being. The day concluded with a relaxing tea break, where residents reflected on the fun and camaraderie experienced on the court.



## *Cowra Annual Seniors Lunch*



The festival culminated in the **Cowra Annual Seniors Lunch** at the **Cowra Bowling Club**, where **Meals on Wheels** once again facilitated a gathering that brought together community members from all walks of life. The luncheon offered a warm, welcoming atmosphere, reinforcing the sense of **community spirit**

that is at the heart of the Seniors Festival. It provided a space for residents to come together and share experiences, fostering a positive and fulfilling conclusion to the week.



Cowra  
Council



# seniors festival 2025

As we reflect on the **2025 NSW Seniors Festival**, we are reminded of the crucial role that active participation, cultural enrichment, and connection play in enhancing the quality of life for older adults. These experiences not only celebrated the talents, history, and cultural diversity of our community but also affirmed the importance of **social engagement** in supporting **physical and mental well-being**.

We extend our deepest gratitude to the **organizers, volunteers, and participants** who made this event a resounding success. Their contributions and support ensure that our residents continue to experience the joys of active living and community involvement.

We look forward to continuing to offer engaging programs and social activities that foster connection, creativity, and well-being.

## EXPLORING CULTURE at weeroona



Residents of **Weeroona Aged Care** embraced the spirit of **St. Patrick's Day** with a day filled with **cultural exploration, creative expression, and social connection**. The celebration, held as part of the facility's commitment to **inclusive and engaging activities**, highlighted the rich traditions of **Irish heritage** while fostering a strong sense of community among residents.

The festivities began with **hands-on craft sessions**, incorporating symbols of **Irish folklore and history**. This interactive activity encouraged creativity while serving as a meaningful way to honour the traditions

associated with the holiday.

A **social happy hour** followed, where residents gathered to enjoy refreshments and lively conversation, strengthening their connections with one another. The relaxed atmosphere set the stage for the highlight of the celebration—an **interactive trivia challenge** centered around Irish culture, history, and traditions. Residents enthusiastically participated, sharing stories, learning new facts, and reminiscing about their own experiences with St. Patrick's Day over the years.



# EXPLORING CULTURE AT WEEROONA



Beyond the entertainment, the day served as a reminder of the **importance of cultural observances in aged care settings**. Engaging in activities that celebrate **heritage, tradition, and community** plays a vital role in promoting **social inclusion, cognitive engagement, and emotional well-being** for older adults.

The success of this year's **St. Patrick's Day celebration** reflects **Weeroona Aged Care's** dedication to fostering a **vibrant, culturally enriched environment** where residents can participate in **lifelong learning and meaningful social interactions**.

## *Weeroona Aged Care Residents Embrace Indian Culture at the Cowra Festival of International Understanding*

Residents of **Weeroona Aged Care** had the unique opportunity to immerse themselves in **Indian culture and traditions** as part of the **Cowra Festival of International Understanding**. This year, India was the featured nation of the festival, and Weeroona was honoured to host **Youth Ambassadors representing India**, who provided valuable insights into the country's **heritage, customs, and global influence**.

The visit fostered **meaningful cross-cultural engagement**, allowing residents to expand their understanding of **India's rich history and traditions**. Through discussions and interactive experiences, participants gained a deeper appreciation for India's role in shaping the world's cultural and historical landscape.

A standout moment of the celebration was the **Indian Armchair Yoga session**, designed to introduce residents to the principles of **mindfulness, flexibility, and holistic well-being**. This **guided practice** offered a **low-impact yet highly beneficial form of exercise**, supporting both **physical mobility and mental relaxation**. Residents embraced the experience, enjoying the soothing movements and the deeper sense of connection it fostered.

Thank you to the **organisers, volunteers, and Youth Ambassadors** who made this event an **outstanding success**. We look forward to continuing our **exploration of global cultures** and bringing more enriching programs to our residents in the future!



# HAPPY SNAPS



# RESIDENT PROFILE



## Nancy's Life Story

Nancy was born in Bathurst and grew up in a close-knit Catholic family with one sister and three brothers: Austin, Olive, Garry, and Morten. The siblings got along well, enjoying their childhood together. Her father was a farmer who had a special talent for working with horses, while her mother was a lovely lady who, although not strict, was a nurturing presence in their home.

Nancy's maternal grandparents lived nearby and were farmers. They had a significant influence on her, as she remembers them fondly. Her paternal grandparents also lived close, and she enjoyed a close relationship with them as well. Her paternal grandmother worked in sheep shearing, and Nancy recalls getting along well with her extended family, though she didn't have a specific favourite relative.

She attended St. Mary's Primary

School, where her first teacher, Sister Adriane, made a positive impression on her. Nancy enjoyed physical education, culture, and sports, particularly basketball and softball. She didn't have a special friend but played sports with her siblings and classmates. Nancy wore a uniform to school and remembers that the teachers were kind, with no punishments handed out.

Nancy spent most of her school holidays either at home or visiting her godmother in Forbes. She didn't consider her family poor, but rather middle class, and they lived a comfortable life. She enjoyed playing sports, especially basketball, and had a bicycle, which she used for fun. Christmas was her favourite celebration, a time of family togetherness.

After school, Nancy worked as a dental nurse, and she didn't leave home until she got married. During her younger years, horses were a common form of entertainment for young people. Though Nancy doesn't recall the first movie she saw, her favourite film was *The Wizard of Oz*. She bought her first car at the age of 21 or 22, marking an important milestone in her adulthood.

Nancy met her husband through their shared love of horses, and they married in her twenties. Together, they had five children: Doug, Andrew, James, Damien, and Anthea. Nancy raised her children in much the same way her parents raised her, with love, discipline, and a deep appreciation for family values.

# 2025 FEDERAL ELECTION



## AEC Mobile Polling Booth Coming to Weeroona

Weeroona is pleased to announce that representatives from the Australian Electoral Commission (AEC) will be visiting our community on **Wednesday, April 24th** to assist residents with voting in this year's **Federal Election**.

A **mobile polling booth** will be set up on-site, providing our residents with a convenient and accessible way to cast their votes. This initiative ensures that everyone has the opportunity to participate in the democratic process without the need to travel to an external polling place.

AEC staff will be on hand to guide residents through the voting process and answer any questions they may have. This service is particularly beneficial for those who may experience difficulties attending regular polling stations.

We encourage all eligible residents to take advantage of this opportunity to have their say in the upcoming election. If you or a loved one require any assistance leading up to the polling day, please don't hesitate to reach out to our staff.

Let's make our voices heard – see you at the polls!

# RESIDENT BIRTHDAYS

## APRIL

TERRY RODGERS 4TH APRIL

ROBERT MELTON 5TH APRIL

JULIE HANLEY 8TH APRIL

IRIS MORGAN 9TH APRIL

DAVID JONES 16TH APRIL

JOHN HAMMOND 26TH APRIL

GREGORY ULPH 30TH APRIL

## MAY

IAN PACKWOOD 18TH MAY

DENISE SMITH 22TH MAY

BILL RODEN 24TH MAY

BARBARA SHEPPARD 28TH MAY

JEAN TODD 29TH MAY

*FROM ALL THE STAFF AT WEEROONA, WE WISH OUR RESIDENTS A VERY HAPPY BIRTHDAY!*

## BIRTHDAY PHOTOS



# AHP APRIL FALLS

## THREE-WEEK INITIATIVE RAISING AWARENESS ABOUT FALLS PREVENTION

One 15-minute presentation per week following your facility's regular exercise class on what falls are and the best way that you can prevent them.

**APRIL 7 – 25, 2025**

# AHP APRIL FALLS

## WHAT IS IT?

**AHP April Falls** is a three-week-long initiative during April to raise awareness about the impact of falls and to promote the latest best practice fall prevention strategies.

## WHAT DOES IT INVOLVE?

**AHP April Falls** consists of one 15-minute presentation per week following your facility's regular exercise class on the following topics:

April 7 | Week 1: Introduction to Falls Prevention

April 14 | Week 2: Falls Prevention: Environmental Changes

April 21 | Week 3: Falls Prevention: Importance of Strength and Balance

## WHEN IS IT?

**APRIL 7 – 25, 2025**

## HOW DO I FIND OUT MORE?

Talk to your onsite AHP clinicians to find out more about **AHP April Falls**.

## Church Services April

**2nd April**  
**Uniting church**



**9th April**  
**Catholic**

**16th April**  
**Salvation Army**

**23rd April**  
**Presbyterian**

**30th April**  
**Uniting Church**



## Easter Activities

**Monday 7th April:**

DIY Easter Card Making - Waratah 2pm

**Wednesday 9th April:**

Catholic Church Service - Acacia Library 11am

Easter Sock Bunnies - Acacia 2pm

**Thursday 10th April:**

Combined Paint and Sip - Acacia 2pm

**Friday 11th:**

Paper Plate Easter Basket Craft - Grevillea 2pm

**Monday 14th April:**

Easter Egg Hunt with our Grand Friends from Carinya - 10am

Easter Happy Hour - Acacia Dining Room 2pm



# Paint & Sip

THURSDAY 10TH APRIL 2PM

ACACIA

ALL ARE WELCOME TO COME ALONG  
STEP BY STEP PAINTING, DRINKS,  
NIBBLES AND GOOD COMPANY



# Bus Trip April 15th

SCENIC DRIVE TO YOUNG  
NSW AND LUNCH AT THE  
ANTZ PANTZ CAFE



# Easter

## EGG HUNT

14TH APRIL • AT 10:00 AM

INTERGENERATIONAL CARE

WEEROONA AGED CARE & CARINYA

COWRA EARLY CHILDHOOD SERVICES



# ANZAC DAY ACTIVITIES

JOIN US IN HONOURING OUR HEROES

Let us come together as a community to  
honour the courage, sacrifice and legacy of  
the Australian and New Zealand Army  
Corps.

25TH APRIL AT 2PM

ANZAC DAY BINGO - GREVILLEA DINING ROOM

ANZAC DAY 2 UP- GREVILLEA LOUNGEROOM

ANZAC DAY QUIZ - WARATAH

DATES AND TIMES TO BE ANNOUNCED

ANZAC DAY SERVICE

WREATH MAKING CRAFT WITH OUR  
GRANDFRIENDS FROM CARINYA



# Church Services May

**7th May  
Catholic**



**14th May  
Salvation Army**

**21st May  
Presbyterian**

**28th May  
Uniting Church**



## MOTHER'S DAY ACTIVITIES

Monday 5th May Mother's Day Painted Pots  
Craft  
Grevillea Loungeroom 2pm

Tuesday 6th May Mother's Day Scented  
Pouches Craft  
Waratah Loungeroom 10am

Wednesday 7th May Mother's Day Gratitude  
Jar Craft  
Acacia Dining room 2pm

Friday 9th May Mother's Day Afternoon Tea  
Waratah Courtyard 2-3:30pm



## MOTHER'S DAY AFTERNOON TEA

FRIDAY 9TH | MAY  
WARATAH COURTYARD  
2:00 PM – 3:30 PM

Indulge in a selection of sweet and  
savoury treats, served alongside pots of  
tea, coffee, and refreshing cold drinks.

Enjoy live music  
Raffles & lucky door prizes

Limited to 2 guests per resident  
RSVP early to secure your spot!

Come and share in the love and warmth  
of Mother's Day with us.

RSVP TO NIKKARA ON 63423333 BY THE  
1ST MAY 2025



# 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](mailto: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.

### 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.

### 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.

### 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.

### 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.

**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>



## JOKES ...

HOW IS THE MOON LIKE  
DENTURES?

*BOTH COME OUT AT NIGHT.*

### 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

*April and May in  
review*

*April and May  
Highlights*

*Resident Profile*

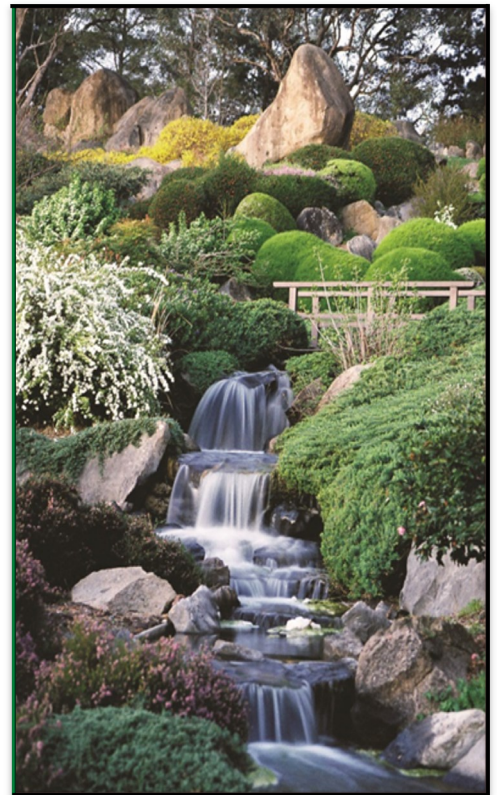
*June and July Events*

### 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](http://www.weeroonaagedcare.com.au)



10 Comerford Street  
Cowra NSW 2794

**YOUR CHOICE**

In Aged Care



In loving memory of

Elizabeth Keegan

Claudia Quin

Francis Burns

Betty Duncan

George Smith



Doreen Huckel





**WEEROONA**  
AGED CARE RESIDENCES

[illegible]

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:.....