

JALLARAH HOMES NEWSLETTER

SEPTEMBER 2024

Springtime

Spring passes and one remembers one's innocence.

Summer passes and one remembers one's exuberance.

Autumn passes and one remembers one's reverence.

Winter passes and one remembers one's perseverance.



Welcome to Spring!

I hope that you get a chance to enjoy some sunshine, although it looks like it will be a windy start to Spring. When you are out in the sun, don't forget to wear a hat!

We are saying a regretful goodbye to Wendy, as she takes a break from work. It is sad to see her go, but I am sure that she will enjoy more time with her grand daughter. Wendy came to us in the middle of our first COVID-19 outbreak, and it was a trial by fire. She has been with us through three Aged Care Quality Safety Commission visits, and NDIS Accreditation visit, and Infection Control and Safework SA reviews. During Wendy's time with us we welcomed new staff and new residents and made plans for the future of Jallarah. Wendy will be missed.

To fill in the void left by Wendy, we welcome back Chris Moran, as an interim Care Manager, until I can recruit a permanent person. I hope that you will all join with me to make her feel welcome.

We started this last week of August with a Minor Tummy Bug doing the rounds. I can happily confirm that it was minor, and did not result in a full outbreak. We will be having some discussions with staff over our learnings from this one.

I would like to let you know that there will be some disruption in the coming weeks due to upgrades:

- We will be installing a Safety Film over the lower windows through some of the rooms. This is to ensure that the windows cannot shatter when impacted and cause injury.
- We will be removing the carpet from the Western Hallway from the seating near room 22 to the end of the building at room 30. This will be replaced with vinyl to match the rest of the flooring throughout the building. We have a date for install from the 16th of September. We will keep you updated as to the dates for each section. There will be a lot of disruption, noise and dust. If you are planning a visit or an outing this month, it might be best to try for the day that it is happening by your door.

Both of these installations have been identified as necessary through recent incidents, and the Board and Management are seeing that the upgrades are done to ensure ongoing safety of residents, visitors and staff.

As you know, we are always training the staff in new ways. In August, staff undertook mandatory training in Dementia awareness and in September we will have Fire Training and Cultural Inclusion Training in person and there will be online training as well. Here is a photo of the lovely Kory and Lesley (Board Member) attending the Dementia Training.

I hope that you don't get blown away, enjoy the spring sunshine and have a happy day.

Jilly-Anne (CEO)





HAPPY BIRTHDAY

7th September - Bob Hera-Singh

These are some of Bob's favourite things.

Book - Advertiser Paper

Colour - Black

Hobby - reading the newspaper

Date of birth - 07/09/1935

Age - 89

Food - Fish

Flower - Carnation

22nd September - Nancye Cole

These are a few of Nancye's favourite things.

Books - True and factual books

Colour - Green and blue

Hobbies - Knitting and find a words

Date of birth - 22/09/1938

Age - 86

Food - Vegetables with a dob of butter

Flower - Roses



FATHERS DAY

Dad, you're a man of great strength
who worked hard for all the family
you provided food, clothing and shelter
and continue to love us conditionally!

We are blessed to have you as our dad
no other man can ever take your place
you're a dad who will go down in history
you're a dad who can never be replaced!

Your characteristics and mannerisms
are unique and one of a kind
we try hard to imitate you
to carry on your name and let it shine!

Dad today is a very special day
and it's a must for you to know
that you cared and loved us very much
our love for you grows more and more.

Happy Father's Day dearest Dad
we love you to the moon and back
may your day be as special as you are



SEPTEMBER POEMS

The golden-rod is yellow
the corn is turning brown
the trees in apple orchards
with fruit are bending down

The gentian's bluest fringes
are curling in the sun
in dusty pods the milkweed
it's hidden silk has spun

The sedges flaunt their harvest
in every meadow nook
and asters by the brook-side
make asters in the brook

From dewy lanes at morning
the grapes sweet odors rise
at noon the roads all flutter
with yellow butterflies

By all these lovely tokens
September days are here
with summer's best of weather
and Autumn's best of cheer

But none of all this beauty
which floods the earth and air
is unto me the secret
which makes September fair



SPRING

Plants begin to grow and flowers to bloom; Animals awoken from hibernation, babies are often being born in spring.

The season brings rain that falls for hours on end, facilitating the growth of different plant life.

Spring is the season when the landscape comes to life after a cold winter. There is stranger sunlight, temperatures begin to rise, and the days grow Longer. The weather can change a lot in spring. It can be sunny and dry one minute, and wet and showery the next.

We often describe spring as a time of rebirth, renewal and awakenings. Many trees are blossoming and early flowers are pushing through the earth. Things are coming to life!

A lot of plants and trees are growing and new bright green leaves appearing on them, bringing new and fresh colours. Flowers are blooming and everyone would be able to smell the amazing smell, in the air and enjoy the beauty of their bloom.





FATHERS DAY QUIZ

- 1) Who played the father in the 1951 film 'Father of the bride'?
- 2) Who is the 'Holy Father'?
- 3) Which father and son were both president of the United States?
- 4) Santa Klaus is also known as...
- 5) Who is the father of Queen Elizabeth 1?
- 6) Who is considered the father of the Jewish people?
- 7) In the TV series 'My Three Sons' from the 1950's, who played the father?
- 8) Who is known as 'Father Time'?
- 9) Who is the 'Father of medicine'?
- 10) Charles Darwin was called 'The Father of...

SPRING QUIZ

- 1) What are the four seasons?
- 2) Which spring flower is also a symbol of the country of Wales?
- 3) True or False: More than 7 million tulips bloom in the Netherlands each spring.
- 4) English spring buns are traditionally called?
- 5) What spring flower can you blow to make a wish?
- 6) When does spring begin in the Southern Hemisphere?
- 7) What vegetable can also be called a spring onion?
- 8) In Japan what type of tree flower is considered the sign of the start of spring?
- 9) Why do birds sing so much in the Spring?
- 10) On what day of the year is pulling pranks the done thing?



FATHERS DAY QUIZ ANSWERS.

- 1) Spencer Tracey,
- 2) The Pope,
- 3) George Bush and George W. Bush,
- 4) Father Christmas,
- 5) King Henry VIII,
- 6) Abraham,
- 7) Fred MacMurray,
- 8) The Grim Reaper,
- 9) Hippocrates,
- 10) Father of Evolution.

*Happy
Father's
Day!*

SPRING QUIZ ANSWERS.

- 1) Spring, Summer, Autumn/Fall, Winter,
- 2) Daffodils,
- 3) True,
- 4) Hot X Buns,
- 5) Dandelion,
- 6) September,
- 7) Scallion,
- 8) Cherry Blossom,
- 9) To attract mates,
- 10) April Fools Day



Lifestyle Report

August started with the Olympic Games Opening Ceremony, every resident and some staff received the flame with a photo. We coloured in the Olympic Rings, laminated, then gave in a goody bag to each resident. We have a lot of Olympic Games events. We started with relay, cup stacking, basket hoops and darts. After each event residents received a medal. The dining room was decorated with the Olympic Flag, Australian scarves, cardboard cut out of events and balloons around the dining room and on for table decorations with flags from all the countries.

We had a craft day, the residents did a colourful yarn wreath.





JALLARAH HOMES OLYMPIC GAMES





We also went on a bus trip to see the Silos, we have also started an easy moves exercise class, which the residents seem to enjoy, we still do the activities that the residents like, bingo, walking group, birthday celebration, board games and quizzes.



MY FATHER

My Father kept a Garden
A Garden of the Heart
He planted all the good things
That gave my life it's start

He turned me to the sunshine
And encouraged me to dream
Fostering and nurturing
The seeds of Self-Esteem

And when the winds and rain came
He protected me enough
But not to much because he knew
I would stand up strong and tough.

His constant good example
Always taught me right from wrong
Markers from my pathway that will last
A lifetime long

I am my fathers garden
I am his legacy
Thankyou Dad, I love you.





FEEDBACK

Jallarah Homes Inc recognizes the need for an easy to manage, timely feedback mechanism for residents and their representatives. The Information and feedback gathered assists us to respond appropriately and improve the quality of service.

Please use the complaints mechanism to inform us about any issues including cultural safety and discrimination. All complaints will be dealt with sensitively and with respect to privacy issues.

Complainants will be informed of any action taken and the practice of open disclosure will be supported by staff and management.

If you have a complaint you may use any of the avenues below:

- ◆ Ask an advocate to act on your behalf
- ◆ Discuss the complaint with a staff member
- ◆ Complete a feedback form. Staff can help with this.
- ◆ Ask to see the EO/DON

If unsatisfied please Write to the Board of Management c/o Jallarah Homes Inc.

If you are not satisfied with any internal action you may approach the Aged Care Complaints Commissioner on 1800550552. Brochures with the details can be found in the foyer.

FIRE PLAN

**** RESIDENTS & FAMILY MEMBERS ****

There is a copy of the Fire Plan on the back of every Residents bedroom door that gives you directions in case of a Fire, Evacuation or Emergency

Please at all times follow the directions given by staff