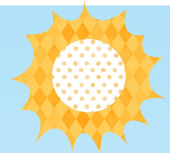


DECEMBER, 2021



A monthly insight into
Weeroona Aged Care Residence



Inside this issue

November Highlights

Resident Profile

Activities Calendar

Birthdays

Welcome New
Residents

What's Coming in
December

A message from the Director of Nursing

Hello everyone,

Family and friends are able to visit their loved ones provided they abide by the following:

- ◆ Double Vaccinated (COVID) at least 14 days prior to your visit - **please provide your Digital Certificate to reception.**
- ◆ Masks are to be worn for the entirety of your visit.
- ◆ Visits to be in the Resident's room only, not in communal areas.
- ◆ Residents can now leave the facility for medical appointments, home visits and attend cafes, pubs, etc. Please call the front office for more information and to make bookings.

Christmas Day

We encourage families to take their loved ones home for the day, that way everyone can enjoy each others company without restrictions. **PERMANENT RESIDENTS** can also do overnight stays. Unfortunately there will be **NO CHRISTMAS LUNCH** offered to families this year. If your relative is unable to leave the facility, usual visitation rules will apply: **two adults per resident**, and **visitation is limited to one visit per resident**. All visits for Christmas Day **must** be made ahead of time as no one without a booking will be allowed entry. The front door will be locked and Supervising RNs on shift will have a booking sheet on hand to confirm appointments. If you choose to take your resident out, please pre-arrange this with the ladies in the front office and they will inform the Wing Supervisors.

Wheelchairs

Weeroona does not have an abundance of wheelchairs, they are solely for residents in the facility. If you plan to take your resident out over Christmas you must organise your own chair. No exceptions can be granted. We apologise for any inconveniences.

Office Closure

The front office will be closed from midday on 24th December 2020 and reopening 4th January 2021. All visitations and outings during this time must be organised with the RN/Wing Supervisor.

On behalf of myself and Margaret, I would like to wish everyone a safe and Merry Christmas and lets hope next year will be better for all.



Bronwyn Sharp



TO OUR NEW RESIDENTS

EUNICE CLARKE, ANN LAMOND
AND RUBY FURNER

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.



NOVEMBER IN REVIEW

Wow, what a busy month full of fun we have had!

Kicking it off was Melbourne Cup Day where we all got dressed up in our racewear, then the most colourful Dipawali Festival celebrations! More photos inside!

Our Christmas party at the Bowling Club was a resounding success. The ambulance bay resembled Parramatta Road due to the inclement weather and families busy doing their pick up and drop offs. Once we were inside and seated the festivities began. The room was beautifully dressed by myself and Sue. The staff were so accommodating, and the food was lovely. We were served ham and chicken and roasted vegetables while dessert was fresh fruit salad and ice-cream or apple pie. Thanks to Chef James and the wonderful waiter staff at the Bowling Club. We had lucky door prizes and were treated to the great singing of Ernie Burgess. Ernie stepped in at the last minute to make the day very successful and we appreciate it so much. Many thanks to all the relatives who assisted in the transport of their Resident. It goes without saying that none of this would have been possible without our wonderful nursing staff.

In other news, Isabel Bensley welcomed another great grand-daughter this month. Her name is...Isabel! We have had quite a few babies lately named after their great grandmothers. What a beautiful way of keeping tradition alive.

The Men's Shed members have done a fantastic job restoring an old garden seat. It's wonderful to have a place just for our gentlemen to get together, have a cuppa and put their hands to work. Thanks to Will Anderson for your assistance.

We are now preparing for Christmas Day celebrations and there is a Christmas Raffle in the front foyer, kindly donated by our lovely Carolyn Horsey. Be sure to buy some tickets and try your luck!

From myself, Sue, Di, Serinda and Jonathon, we wish you and your families much laughter, love and good health as we move into 2022.

See you round the corridors!



CONTENTS

- 1: Message from Bronwyn (DON)
- 2: Welcome to our new Residents
- 2: The Month in Review
- 3 - 8: November Highlights
- 9: Recipe of the Month
- 10: Resident & Staff Profile
- 11: Birthdays & COVID Notice
- 12: Notice Board
- 13: Final Thoughts
- 14: Activities Calendar
- 15 - 16: Feedback Form

Jax, Lifestyle Co-ordinator

november HIGHLIGHTS

MELBOURNE CUP DAY

The first Tuesday in November is always exciting.

Sweeps were drawn and we waited for the big race to kick off at 3pm. While waiting we were treated to some lovely cakes and slices provided by our Kitchen manager, Vivienne.

Everyone received a horse and off it went.

For a race that only lasts 3 minutes, it certainly does stop the nation! Congratulations to all our winners!



Left: Margaret Weir and Norma Sutherland dressed up for the cup

Above: Bugsy in a special jockey outfit for the day



DIPAWALI DAY

Diwali is the five-day Festival of Lights, celebrated by millions of Hindus, Sikhs and Jains across the world. Diwali, which for some also coincides with harvest and new year celebrations, is a festival of new beginnings and the triumph of good over evil and light over darkness.

Weeroona's Indian and Nepalese staff organised a day of festivities and delicious food for our Residents. They showed off their beautiful traditional dress and we were lucky enough to witness their fabulous dancing. Residents thoroughly enjoyed the afternoon.

Jan joined in the dancing and from the look on Sheeba's face, her dancing provided a lot of extra entertainment!



november HIGHLIGHTS

WARATAH EXERCISES

Residents in Waratah continue to enjoy the weekly exercises organised by Sue and our Physiotherapist, Whitney.

This month we played balloon tennis and Harold was the MVP (Most Valuable Player). He hit the balloon every time and sent it flying across the room!



Harold Peterson, Muriel Wells and John Fanning



Wendy Quilter, Jim Sparkes
and Brian Maroney



Peggy Wortley
slam dunks!

Jim Sparkes was also a stand out performer in the balloon tennis round, while Peggy and Myrtle shot some hoops.

Exercising is very important as we age, and it's wonderful to see so many residents enjoying themselves while staying active.

CHRISTMAS CRAFT TIME

Our ladies in craft have been busy at work making decorations for the holiday period. Christmas baskets, big balloons, twinkle tinsel stars to hang in the front foyer and Grevillea wing. You might even catch Santa and Mrs Claus with a sleigh full of presents or some cheeky little North Pole elves roaming the halls!

"It's beginning to look a lot like Christmas..."



Aileen Friend



Una Eggleton with Roz and Serinda

november HIGHLIGHTS

NEXT STOP, WEEROONA!

My love of trains began at a young age when I would spend time with my dad who worked with trucks to cart coal off the train.

When I was old enough, I purchased my very own model train set which ran outside in my garden. The kids in Cowra loved to come and see it. Sadly I woke one morning to find vandals had smashed the set all over the road. I was devastated.

Now I'm here at Weeroona, my brother Neville and I started researching sets and after consulting with management, I was able to purchase one for my room!

The set has all the bells and whistles involved with trains; bridges, tunnels, a train station, rocks and a waterfall and lots of little people. Coming soon will be the petrol station and even a McDonalds!

I have spent many hours playing with my train set, and a lot of residents and nursing staff enjoy playing with it too! Everything's pretty much glued down except for two reindeers. Night shift staff hide the deer somewhere on the set overnight and the next day I wake up to find them. It's become a bit of a game.

If anyone would like to take a look, you are more than welcome to visit room 6 in Banksia Wing.

See you round! Buggy.



WELL DONE MEN'S SHED

We are so proud of what the members of our Men's Shed have achieved over the last few weeks. They have restored one of our old garden seats back to its former life. Sanding, painting, varnishing and rebuilding like mad, this is teamwork at its best!

Thank you to our staff member Will for assisting with this activity. We look forward to all future projects in 2022, and hopefully some new faces too! All are welcome.



Finished product. John Morley, George Smith, Harold Peterson, Jim Sparkes and John Fanning.



Harold Peterson, Brian Maroney and George Smith screwing the seat back together.

november HIGHLIGHTS

RESIDENT CHRISTMAS PARTIES



november HIGHLIGHTS



november HIGHLIGHTS



Top Left: Weeroona staff for Dipawali Day.

Above: Beryl Parry and Colleen Willson making beaded bracelets.

Left: Roz Dixon and Joy Cameron "baby sitting".



Kaye Waters got a special visit from her dog, Kandy.



David Kearney pruning our front roses. Thank you for your great work, Davo.



Bob Maxwell and Jean Kelly having a chat.



Spring

recipe OF THE MONTH

Brownie Christmas Tree-ts

Ingredients

- Brownie mix
- 1/2 cup white choc bits
- 125g butter, softened
- 2 cups icing sugar
- 1 tbsp milk
- Green food colouring
- M&M Mini's
- Sugar stars
- 100's and 1000's
- Candy canes



Method

1. Pre-heat oven to 180C. Grease and line the base and sides of a 22cm square cake pan with baking paper .
2. Combine brownie mix according to box instructions, gently folding in white chocolate bits to the wet mixture.
3. Pour into the prepared pan and smooth the surface. Bake for 35-40 mins or until a skewer inserted in the centre comes out clean. Set aside in the pan to cool completely.
4. Meanwhile, use an electric mixer to beat the softened butter in a bowl until very pale. Gradually add the icing sugar, in batches, beating well after each addition until pale and creamy. Add the milk and beat to combine.
5. Place the brownie on a clean work surface. Use a large serrated knife to trim outside edges of brownie. Cut in half. Cut each half into 6 triangles, about 10cm long and 6cm wide .
6. Tint half the icing green using green food colouring. Place in a piping bag fitted with a 5mm fluted nozzle. Pipe over half the brownie triangles. Place remaining icing in a piping bag fitted with a 5mm plain nozzle. Pipe over the remaining brownie triangles.
7. Decorate the brownie triangles with M&M's, sugar stars, sprinkles and 100's and 1000's.
8. Remove the round end of each candy cane. Attach the remaining candy cane to the base of each brownie triangle to make a Christmas tree.

resident & staff PROFILE



John Mood

John was born in the Canley-Vale area of Sydney on the 18 December 1936. He has three brothers and three sisters.

Growing up in the War and the Depression time, the Mood boys found odd jobs at early ages to help support their family as money was always very short within the large family.

John attended Liverpool High School, excelling at soccer and long distance running. He held the record time for the 5-mile race for many years.

A high achiever, John started working as an apprentice Steel Moulder for the BHP Steel Foundries. Over time, he became Manager of many divisions within the company. John also often casually worked for a local sawmill at their logging lease, climbing and scaling large trees unaided, lopping and sizing them into lengths for timber ready to be transported and milled.

Around 1954 he completed his National Service and Army Reserve training.

John met his lovely wife, Robyn, and they were married in Sydney in 1958. They have 2 children, Karren and Alan.

By 1970, the Mood family had moved from Sydney to their Koorawatha property to become "Farmers". The children attended the Koorawatha and Cowra High Schools.

John's life at Koorawatha was mainly involved with the running and forwarding of his farm. He learned much from the local farmer's and in return, John helped folks with his engineering skills and mechanical knowledge. He was known to be passionate at challenging mother nature's constant fury on farmers.

John gives off that quiet farmer vibe, but once you get him chatting his wicked sense of humour comes out. If you see him around the corridors, be sure to say hello.

Sarah Plews

Sarah was born in Cowra on 7 February 1998. She went to school at Cowra Public and Cowra High School.

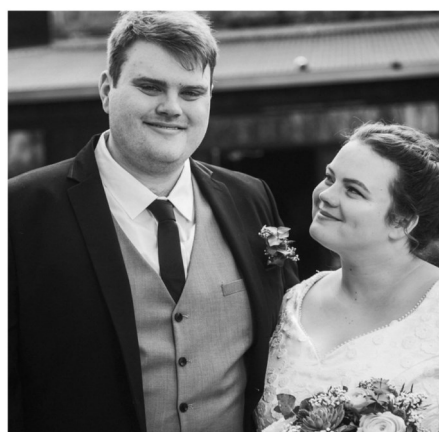
Sarah went on a trip to America when she finished school. She went to Disneyland, Legoland, San Diego Zoo and did pretty much all the touristy things. On her return she worked at a tree farm, then a job at Cowra Council. In 2019 Sarah started a Batchelor of Nursing and came to work at Weeroona. This has taken her to many places around NSW for her nursing placements. She is in her final year.

Sarah married her husband, Jarrod, in 2020.

Sarah has many pets including a ragdoll cat named Rengar, an amazon parrot named Rocco, Humphrey the camel, Truffles the donkey and Ugg the emu.

When not working Sarah enjoys playing the piano, reading, and playing Dungeons and Dragons. Her favourite food is Italian.

Sarah has a kind and compassionate nature. She has made the perfect career choice. Say hi to Sarah when you see her in the corridors.





HAPPY
BIRTHDAY

DECEMBER

1 Dec: Les Johnson	14 Dec: Marie Brown
6 Dec: Lance Lamond	15 Dec: Muriel Wells
6 Dec: Ruby Furner	18 Dec: John Mood
9 Dec: Trish Jerrett	19 Dec: Jean Kelly
10 Dec: John Fanning	23 Dec: Ernie Idiens
13 Dec: Jack McAllister	31 Dec: Colleen Willson

*From all the staff at Weeroona, we wish
our residents a very happy birthday!*

covid NOTICE

OVERSEAS TRAVELLERS

After arriving in NSW, you must have a COVID-19 nose and throat PCR test within 24 hours of arriving in NSW and on or after day 7 after arriving in NSW. A test on day 12 after arriving in NSW is strongly recommended for children who are not fully vaccinated.

You are not required to isolate while waiting for your results, unless you have symptoms. If you develop any symptoms of COVID-19 at any time while in NSW, you must immediately get tested for COVID-19 and isolate until you receive a negative result.

Restrictions on entry to certain premises

Until you receive a negative result from your day 7 test you must not go to any high-risk settings, such as aged care, disability care, healthcare, and correctional facilities. **Children under 12 are not permitted to enter Weeroona, however fence visits can be arranged with office staff or RN in charge.**

NOTICE BOARD



A reminder that **ALL VISITORS MUST SIGN IN AND OUT** using the Services NSW QR Code and the visitor's log (located at reception).

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

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.



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.

HAIRDRESSER PRICE LIST

Ladies

Haircut - \$25

Blow Wave - \$25

Hair Set - \$25

Haircut & set - \$40

Perms - \$70

Men's Hair Cut - \$15

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.

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.

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.

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.

CHANGE OF DETAILS

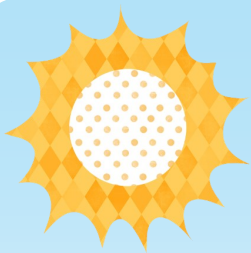
If you have changed your address or contact details, please advise our office staff to ensure all records are kept up to date.

To download a digital copy of this newsletter, please visit:
<http://www.weeroonaagedcare.com.au/lifestyles/newsletters>



QUOTE OF THE MONTH

"Christmas magic is silent. You don't hear it—you feel it. You know it. You believe it." — Kevin Alan Milne



Next Issue

More information on

New Standards

December Review

December Highlights

Resident Profile

Employee Profile

January Events

GIVE US YOUR FEEDBACK

Whether it is praise for our terrific staff or concerns about resident's outings, we really want to hear from you! The only way to continue to improve the service Weeroona offers our residents 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



WEEROONA
AGED CARE RESIDENCE

10 Comerford Street
Cowra NSW 2794

YOUR CHOICE

In Aged Care

Lifestyle Program DECEMBER 2021



			Wed 1st	Thurs 2nd	Fri 3rd
Acacia AM			Exercises 10:30am	Nail Care 10am	Exercises 10:30am
Grevillea/Banksia	24th Dec		1:1 Visits 10:30am	Cooking 10am	Church 11am
Waratah AM	Happy Hour 2pm		Exercises 10:30am	Cooking 10am	Exercises 10:30am
Acacia PM	25th Dec		Craftersnoon 2pm	Bingo 2pm	Xmas card making 2pm
Grevillea/Banksia	Christmas Day		Craftersnoon 2pm	Bingo 2pm	Cards 2pm
Waratah PM			Craftersnoon 2pm	Bingo 2pm	Xmas card making 2pm
	Mon 6th	Tues 7th	Wed 8th	Thurs 9th	Fri 10th
Acacia AM	Exercises 10:30am	Nail Care 10am	Exercises 10:30am	Nail Care 10am	Exercises 10:30am
Grevillea/Banksia	1:1 Chats 10am	Exercises 10:30am	Meals on Wheels	Cooking 10am	Church 11am
Waratah AM	Exercises 10:30am	Nail care 10am	Luncheon	Cooking 10am	Exercises 10:30am
Acacia PM	Movie Afternoon 2pm	Bingo 2pm	Bowling Club	Bingo 2pm	Xmas Quiz 2pm
Grevillea/Banksia	Movie Afternoon 2pm	Bingo 2pm	2pm	Bingo 2pm	Indoor Bowls 2pm
Waratah PM	Movie Afternoon 2pm	Bingo 2pm	Craftersnoon 2pm	Bingo 2pm	Xmas Quiz 2pm
	Mon 13th	Tues 14th	Wed 15th	Thurs 16th	Fri 17th
Acacia AM	Exercises 10:30am	Nail Care 10am	Exercises 10:30am	Nail Care 10am	Exercises 10:30am
Grevillea/Banksia	1:1 Chats 10am	Exercises 10:30am	1:1 Visits 10:30am	Cooking 10am	Church 11am
Waratah AM	Exercises 10:30am	Nail Care 10am	Exercises 10:30am	Cooking 10am	Exercises 10:30am
Acacia PM	Pamper Day 2pm	Bingo 2pm	Craftersnoon 2pm	Bingo 2pm	Whiteboard Fun 2pm
Grevillea/Banksia	Movie Afternoon 2pm	Bingo 2pm	Craftersnoon 2pm	Bingo 2pm	Cards 2pm
Waratah PM	Movie Afternoon 2pm	Bingo 2pm	Craftersnoon 2pm	Bingo 2pm	Whiteboard Fun 2pm
	Mon 20th	Tues 21st	Wed 22nd	Thurs 23rd	Fri 24th
Acacia AM	Exercises 10:30am	Nail Care 10am	Nail Care 10am	Nail Care 10am	Exercises 10:30am
Grevillea/Banksia	1:1 Chats 10am	Exercises 10:30am	Nail Care 10am	Cooking 10am	Church 11am
Waratah AM	Exercises 10:30am	Nail Care 10am	Exercises 10:30am	Cooking 10am	Exercises 10:30am
Acacia PM	Ukulele Group	Bingo 2pm	Craftersnoon 2pm	Bingo 2pm	Happy Hour 2pm
Grevillea/Banksia	Performance	Bingo 2pm	Craftersnoon 2pm	Bingo 2pm	Happy Hour 2pm
Waratah PM	2pm	Bingo 2pm	Craftersnoon 2pm	Bingo 2pm	Happy Hour 2pm
	Mon 27th	Tues 28th	Wed 29th	Thurs 30th	Fri 31st
Acacia AM	Exercises 10:30am	Nail Care 10am	Exercises 10:30am	Nail Care 10am	Exercises 10:30am
Grevillea/Banksia	1:1 Chats 10am	Exercises 10:30am	Nail Care 10am	Cooking 10am	Exercises 10:30am
Waratah AM	Exercises 10:30am	Nail care 10am	Exercises 10:30am	Cooking 10am	Exercises 10:30am
Acacia PM	Movie Afternoon 2pm	Bingo 2pm	Craftersnoon 2pm	Bingo 2pm	Residents Meeting 2pm
Grevillea/Banksia	Movie Afternoon 2pm	Bingo 2pm	Craftersnoon 2pm	Bingo 2pm	Residents Meeting 2pm
Waratah PM	Movie Afternoon 2pm	Bingo 2pm	Craftersnoon 2pm	Bingo 2pm	Residents Meeting 2pm

WEEKEND ACTIVITIES: Men's Shed, Playing Hoy, Carpet Bowls

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:.....