

FEBRUARY, 2022

# Weeroona NEWS



A monthly insight into  
Weeroona Aged Care Residence

A message from the Director of Nursing

*Hello everyone,*

Welcome to 2022! I hope everyone had a happy new year and wonderful holidays.

Christmas was very successful with many of our residents spending the day out with their families.

For those who opted to remain at the facility, they enjoyed a delicious Christmas lunch with the staff.

## COVID-19

The virus is an ongoing concern and we will continue to keep families informed with the latest information from NSW Health.

For other visitors, please remember to scan the QR code and sign the visitors log upon entry. It is located by the reception desk.

Masks **must** be worn for the duration of time spent in the facility. Please remember to practice hand hygiene and abide by the social distancing rules.

If you would like to visit your Resident, please call the office between 8.30am - 3.30pm Monday to Friday. After hours and weekend visits must be made in advance and families who wish to take their Resident out should call and speak to either the front office or wing supervisor.

*Remember...*

*Keep on smiling*

*Bronwyn Sharp*



## Inside this issue

Dec + Jan Highlights

Resident Profile

Activities Calendar

Birthdays

Welcome New Residents

What's Coming in February



## TO OUR NEW RESIDENTS

LORNA CROOK, RAY MINERS, CARMEL DRESSER,  
MARGARET SMITH, JEAN TODD,  
JAN COUPER, MARGARET WALSH, RALPH  
BURGESS AND JANET BRIGHT

*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

Well, that's a wrap on 2021. Hoping 2022 finds us all well and together again. We have had quite a busy few months, from Christmas card making to enjoying the company of our friends from Meals on Wheels. Unfortunately, our performance by the Ukulele group had to be postponed until later in the new year.

Christmas time saw many of our Residents go home to share their time with friends and family. Many thanks to Carolyn for the donation of our Christmas raffle. This was won by our very own Deputy Director of Nursing, Margaret. Thank you all for supporting our raffles. The funds go into the residents' activities. This enables us to keep costs to a minimum for our Residents.

Our Men's Shed is in full swing. Will is doing a fantastic job and has a lot of interesting projects prepared for 2022. The lads are keen as mustard for Thursdays to roll around.

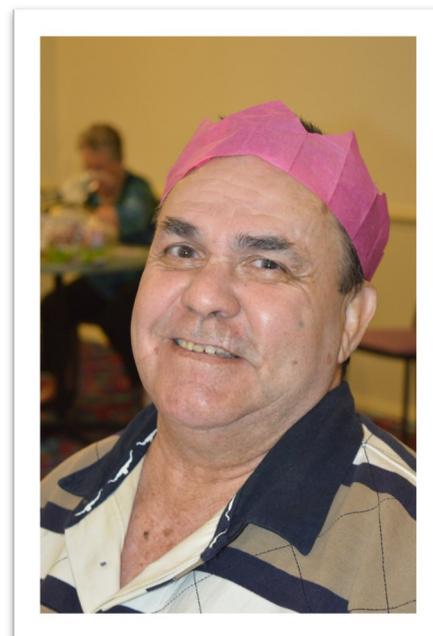
Our ladies are not forgotten. We have Carolyn doing facials and nails on a regular basis now which is a highlight of the week.

A reminder that our Resident meeting's are held on the last Friday of the month. Family representatives are welcome to attend. Please see office staff for an appointment if you would like to do so.

See you round the corridors!



*Jan, Lifestyle Co-ordinator*



## CONTENTS

- 1: Message from Bronwyn (DON)
- 2: Welcome to our new Residents
- 2: The Month in Review
- 3 - 7: Dec + Jan Highlights
- 8: Resident & Staff Profile
- 9: Birthdays & Special Notice
- 10: Notice Board
- 11: Final Thoughts
- 12-13: Garden of Remembrance
- 14: Activities Calendar
- 15 - 16: Feedback Form

# dec/jan HIGHLIGHTS

## CHRISTMAS CARD MAKING

Early in December we started our Christmas card making. We had glue and glitter everywhere. It was fun as the ladies chose their designs for their cards. We chatted about how back in the day everyone got cards. They all seem to agree that this may be a thing of the past. I suggested we bring it back into vogue. It inspired me to go home and get card sending to my family and friends. I had forgotten how happy I used to get going to the mailbox and there would be cards in there.



## COMMUNITY LOVE

We received some beautiful gifts from the children at St Raphael's. The kids have put a lot of time and effort into making these gifts for us.



We also received cards from the wonderful staff at Centrelink. They had a project day and wrote cards to every resident at Weeroona. We thank them very much for the care that goes into such a wonderful sentiment.



## WARATAH GARDEN

Waratah have been busy planting in their new garden.

Already we can see juicy red strawberries sprouting! We will have to try and incorporate them into our monthly cooking when enough are ripe for the picking! Thank you Jonathon for assisting our Residents in the Waratah wing with potting and nurturing their



# dec/jan HIGHLIGHTS

## MEALS ON WHEELS LUNCHEON

We were invited to the Meals on Wheels luncheon at the Bowling Club.

This was a very special outing. The staff of Meals on Wheels went above and beyond in making us feel very welcome. There was music, laughter, wonderful food, and lucky door prizes! We sang and were re-acquainted with friends that we hadn't seen since our last get together. Many thanks to Denise and her team and the lovely staff at the Bowling Club for the special day!



At Weeroona we have some top-notch bowling teams! Our experienced bowler, Buggy, coaches us so we know the rules and how to measure, he has the knowledge fall we need to know. Grevillea games are often enjoyed by Banksia Residents as well, and sometimes the Acacia team comes down to battle. Meanwhile down in Waratah, our Residents put on a good game for all to enjoy! It has been great fun for all of us, and always attracts lots of spectators to cheer our bowlers on! All are welcome so if any Resident would like to participate please enquire time and dates with your friendly Lifestyle Officer.



# dec/jan HIGHLIGHTS

## MENS SHED

The men in the memory support unit have been super keen to go to the Men's Shed on Thursdays. They have already restored a garden seat and are looking at doing another one. It is a joy to see the looks on their faces when using the tools and knowing that they are achieving something great. The men have many talks about what they will be doing and have a few different ideas in the pipeline but alas we won't know what they are until they are done as what happens in the Men's Shed stays in the Men's Shed until the project is complete. Will has decided to trial another afternoon at the shed, this one being on a Tuesday afternoon. All are welcome to attend.

## ELF ON THE SHELF

With this year marking 100 years since the Country Women's Association (CWA), a unique celebration is in the works to mark the milestone.

The CWA Show Catering Committee is calling on members and the Cowra Community to get creative and help create an item synonymous with the Sydney Royal Easter Show—a one off showbag!

Our very own Colleen Willson has been busy knitting little CWA koala bears to add to the showbags. They are so cute! Great job Colleen and well done for donating your time and skills to our community.



# dec/jan HIGHLIGHTS

## CARINYA VISIT

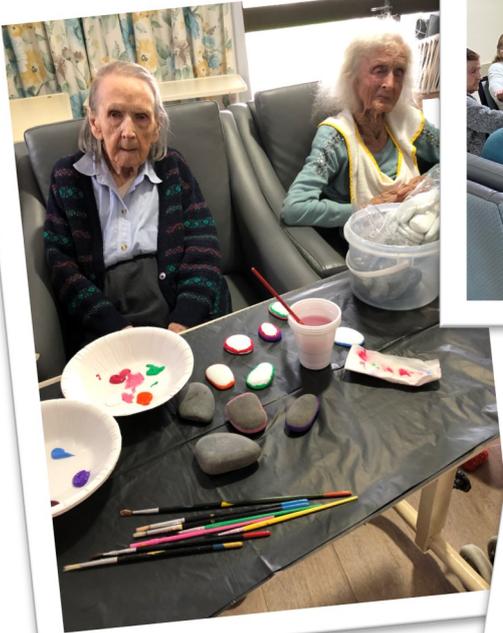
It is usually the children that come and do a walk by but this time it was us. Sue, Di, Carolyn, and Jan dressed up and off they went. Dressed as unicorns, elves, Xmas trees and Santa on his reindeer. They got some interesting looks from drivers on their walk to Carinya. As they approached the school, they saw the children running to the fence screaming with laughter. It was beautiful to see their smiling faces.



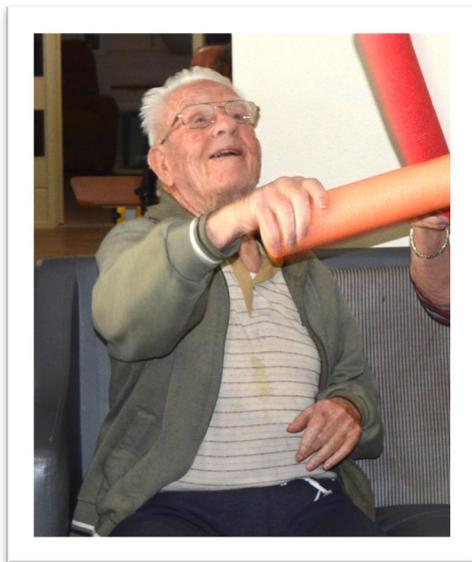
We sang Christmas carols, and the children were telling us what they had asked Santa to bring them. Hopefully in the new year we will be able to welcome them back into our home. Many thanks to the wonderful staff at Carinya who have been so supportive to us during this past year.



# *dec/jan* HIGHLIGHTS



# resident & staff PROFILE



## Harold Peterson

Harold was born 10 August, 1930 in Cowra, 3<sup>rd</sup> child of 7 children. The family resided at a house in Brougham Street, which still exists today.

He was an avid Rugby League player, having been a part of the Maher Cup Team in Cowra where many friendships were formed.

Harold was always keen to travel and once he turned 21, he moved to Bulolo PNG and began work with the Bulolo Gold Dredging Company Ltd. He returned to Australia for a short period before travelling to New Zealand where he worked for a number of years. During this time he met and married Marcia (deceased 1976). They both returned to Cowra where their first child (son) was born.

In 1956 he and Marcia returned to Bulolo to continue work in the Gold Dredging capacity. Whilst there, 2 daughters were born. Once the dredging contract was complete, they returned and settled in Cowra in 1966.

Throughout Harold's travels he continued to play Rugby League in each of the countries where he resided. He began working at the Cowra Services Club as a barman, eventually working his way up to become Secretary/Manager before retiring in 1996.

Harold was a keen bowler at the Cowra Bowling Club for many years. He also enjoyed watching sports and regularly attended live events.

Harold was an owner/builder of a house in Courallie Street, where he lived until his move to Weeroona.

He has 3 children, 10 grandchildren and 12 great grandchildren.

## Jonathon McAllister

Johnathon is Weeroona's very own boomerang. He has had more starts than Phar Lap. Johnathon has been our profile before but with his colourful life and new adventures we thought he deserved another run. Here is an update:

Johnathon worked at a horse stud called New Haven Park. He really enjoyed his time out working with the horses. He then moved on to shed construction (he also enjoyed this).

I think his call for Weeroona returned and he answered it. He was, of course, welcomed back with open arms.

Johnathon has numerous racehorses which see him regularly travelling to meetings all over the Central west. He has clocked up a few winners...tells us after the fact lol.

While I am writing this Jonathon's favourite dog, Toby John, became a dad to 6 puppies. Residents and staff have enjoyed Toby coming for visits to us. When you see Johnathon, say hi to him.



HAPPY  
BIRTHDAY



Jan

Feb

6 Jan: Malcolm Loftus

8 Jan: Betty Langhorne

8 Jan: Graham Petty

15 Jan: Billy Kennedy

19 Jan: Mary Buckley

20 Jan: Bugsy Howarth

24 Jan: George Smith

29 Jan: Betty Remond

2 Feb: Frank Burns

3 Feb: Bill Crowe

4 Feb: Phyllis Boulding

6 Feb: Fred Schwiedeps

9 Feb: Jim Sparkes

11 Feb: Wendy Quilter

12 Feb: Peter Reeks

24 Feb: Laurette Coates

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

## *special* NOTICE

### 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 Residents.

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.

# NOTICE BOARD



Any appointments to visit outside weekday business hours  
OR weekends are made via Administration.

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**.

We require to hold copies of COVID-19 vaccination  
certificates. These can be emailed in advance to:  
weeroona@wacr.care

## 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.

## DOOR CODES

External door codes and car park  
gate door code: **6342E**  
Internal door code (between  
Grevillea/Waratah): **2436E**

## 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.

## 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.

## FOOD LOG

There are food logs located at both  
foyers in the nursing home. Please  
ensure you record any food brought  
into the facility.

## HAIRDRESSER PRICE LIST

### *Ladies*

Haircut - \$25  
Blow Wave - \$25  
Hair Set - \$25  
Haircut & set - \$40  
Perms - \$70  
*Men's Hair Cut - \$15*

## 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.

## 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>

# WHAT MOVIE AM I?



*This series is a multi-billion dollar Walt Disney franchise encompassing movies, books and theme parks. It stars Johnny Depp, Keira Knightly and Geoffrey Rush. According to sources, Johnny Depp has his teeth capped with gold for the role however Disney boss had him remove all but a few for the actual role. It won Best Movie at the 2007 MTV Movie Awards. The film has spawned 3 sequels with more planned.*

Answer: Pirates of the Caribbean



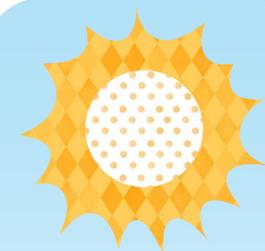
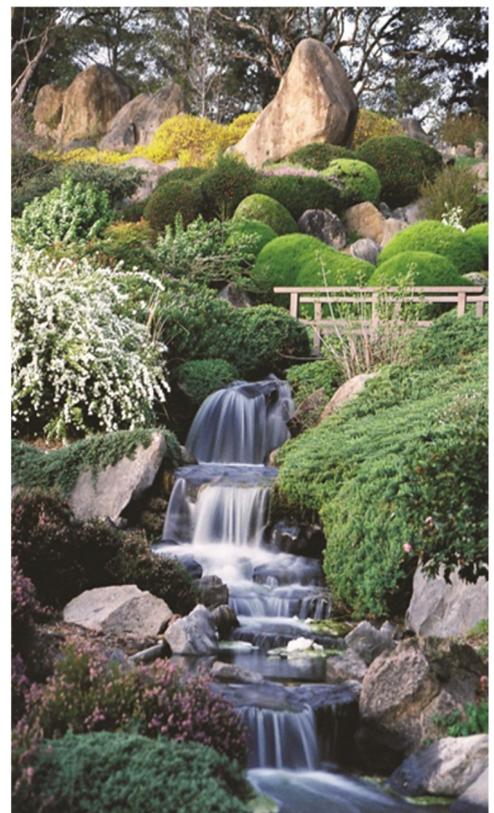
## GIVE US YOUR FEEDBACK

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



### Next Issue

*More information on*

*New Standards*

*February Review*

*February Highlights*

*Resident Profile*

*Employee Profile*

*March Events*



**WEEROONA**  
AGED CARE RESIDENCE

10 Comerford Street  
Cowra NSW 2794

**YOUR CHOICE**

In Aged Care

# Garden of Remembrance

## VALE Jann Tomkins

Jann and her husband, Brian, were married on the 12 April 1969 and were together for 52 years. They originally lived in Rooty Hill, Sydney where Jann worked at Wilson's Wallpaper and Fabrics. People called her the Gatekeeper because no one got to see the bosses until Jann gave the all clear. Jann had a love of dogs and ran one of the largest boarding kennels in the Sydney area. When not working, Jann showed horses all over NSW and collecting many trophies along the way. She then went on to breed and show dogs. Jann still holds the record at the Royal Easter Show for Best Challenge Dog.



The happy couple have one daughter, Nicole, who is married and lives in Sydney.

Jann and Brian made their move to Cowra in the year 2000 where they started a stretch limo business consisting of 5 cars. Jann handled all the bookings and the catering for the guests that hired them.



Jann entered Weeroona in 2015. She always had a brilliant sense of humour and enjoyed getting involved in activities here at Weeroona, especially when puppies and children from the pre-school visited. Her warm smile was infectious and staff will miss chatting with her in the Acacia dining room, as well as seeing Brian most days of the week.

Rest in Peace, Jann. You were much loved.

## VALE Connie Anderson



Constance (known affectionately as Connie) was born in 1930 to Adelaide and John Brady. Her father passed away when she was young, and times were tough for Connie's mother having to raise 9 children and run a farm during the depression. Responsibility fell to Connie and her sister Wilma to help bring up the younger children, and a special bond was cemented between the two.

Connie met her husband, Keith, through the trotting community and together they had one daughter, Kerrie. Connie also had three grandchildren, Halle, Jack and Ben, whom she adored.

An avid reader, Connie was extremely knowledgeable and had a terrific memory. She was a spiritual woman with great faith in God.

Connie was with us at Weeroona for 9 years. During that time you could find her in her usual spot in the therapy room, sat beside her sister Wilma where the two of them would talk, pray, read the newspaper and watch television. They were as inseparable as they had been as young girls.

Connie also enjoyed getting involved with the activities Weeroona put on, especially social outings and loved visiting the cafés around town.

She was a much loved member of our Weeroona family and will be sadly missed. Rest in Peace, Connie.



# Garden of Remembrance

## VALE Shirley Robson

Shirley was born on 7<sup>th</sup> April 1925 in North Sydney where she lived until she married. With husband Don and son Alan, she moved to Coolah in 1956 to live a life on the land. Three more children, born in the Coolah Hospital, all thrived on lamb chops, a bucket of milk a day and home baked and grown goodies. She never drove a car but was known to catch the school bus for Red Cross and CWA meetings and bring home a week's shopping each Friday.



A new journey lay ahead with town life in Cowra commencing in 1978, where she became an active grandmother and a respected and active member of local groups including being a life member of the Cowra Croquet club. She enjoyed walking for miles along the Lachlan to the Rose Garden or up to Billygoat Hill to soak in the natural environment of beautiful Cowra. She had a season ticket to the Cowra swimming pool till she was 90. And a glass of wine at the magnificent Japanese Gardens was a regular jaunt.

In August 2019, aged 94 years, Shirley moved to Weeroona Aged Care Home for the last chapter. She accepted with dignity, Weeroona, as her new home. Still with her marbles, sense of humor and occasionally the "walker" she fitted in, and soon became a favourite with the wonderful staff.



She had her fingernails painted regularly and threw caution to the wind with a pink hair do, and occasionally lippy and bright beads.

Right up to the last weeks, still out and about, drinking Tia Maria at the pub on a local drive or resting in her room, Shirley remained selfless, independent and supportive of her children.

Alan, Julie-Anne, Noeline and her Granddaughter Nicole witnessing the love and caring of the Weeroona staff who

were obviously her family too. It is a great comfort to know how well she was looked after and valued and will be missed by the residents and staff. We really appreciate what Weeroona provided and will be ever grateful to the staff for Grandma's last hours.

*(Vale provided by Shirley's family)*

# Lifestyle Program FEBRUARY 2022



	<b>Mon 28th</b>	<b>Tue 1st</b>	<b>Wed 2nd</b>	<b>Thu 3rd</b>	<b>Fri 4th</b>
Acacia AM	Exercises 10.30am	Nail Care 10am	Exercises 10.30am	Nail Care 10.00am	Exercises 10.30am
Grevillea/Banksia AM	1:1 Chats/Messages	Nail Care 10am	Exercises 10.30am	Reminiscence 10.00am	Church 11am
Waratah AM	Exercises 10.30am	Nail Care 10am	Exercises 10.30am	Cooking 10.00am	Exercises 10.30am
Acacia PM	Movie Arvo 2pm	Bingo 2pm	Craft 2pm	Bingo 2.00pm	Tenpin Bowls 2pm
Grevillea/Banksia PM	Movie Arvo 2pm	1:1 Chats	Craft 2pm	Mens Shed 2.00pm	Bowls 2pm
Waratah PM	Movie Arvo 2pm	Bingo 2.00pm	Craft 2pm	Bingo 2.00pm	Puzzle Fun 2pm
	<b>Mon 7th</b>	<b>Tue 8th</b>	<b>Wed 9th</b>	<b>Thu 10th</b>	<b>Fri 11th</b>
Acacia AM	Exercises 10.30am	Nail Care 10am	Exercises 10.30am	Nail Care 10.00am	Exercises 10.30am
Grevillea/Banksia AM	1:1 Chats/Messages	Exercises 10.30am	Nail Care 10am	Exercises 10.30am	Church 11am
Waratah AM	Exercises 10am	Nail Care 10am	Exercises 10.30am	Cooking 10am	Exercises 10am
Acacia PM	Pamper Afternoon 2pm	Bingo 2pm	Craft 2pm	Bingo 2pm	Quiz 2pm
Grevillea/Banksia PM	Movie Arvo 2pm	Bingo 2pm	Craft 2pm	Bingo 2.00pm	Bowls 2pm
Waratah PM	Movie Arvo 2pm	Bingo 2pm	Craft 2pm	Mens Shed 2.00pm	Bingo 2.00pm
	<b>Mon 14th</b>	<b>Tue 15th</b>	<b>Wed 16th</b>	<b>Thu 17th</b>	<b>Fri 18th</b>
Acacia AM	Exercises 10.30am	Nail Care 10am	Exercises 10.30am	Nail Care 10.00am	Exercises 10.30am
Grevillea/Banksia AM	1:1 Chats/Messages	Nail Care 10am	Exercises 10.30am	Cooking 10am	Church 11am
Waratah AM	Exercises 10.30am	Nail Care 10am	Exercises 10.30am	Cooking 10am	Exercises 10.30am
Acacia PM	Valentine's Day	Bingo 2pm	Craft 2pm	Bingo 2pm	Whiteboard Fun 2pm
Grevillea/Banksia PM	Happy Hour	Bingo 2pm	Craft 2.00pm	Bingo 2pm	Bowls 2pm
Waratah PM	2pm	Bingo 2pm	Craft 2.00pm	Mens Shed 2pm	Quoits 2pm
	<b>Mon 21st</b>	<b>Tues 22nd</b>	<b>Wed 23rd</b>	<b>Thurs 24th</b>	<b>Fri 25th</b>
Acacia AM	Exercises 10.30am	Nail Care 10am	Exercises 10.30am	1:1 Messages 10am	Exercises 10.30am
Grevillea/Banksia	1:1 Chats/Messages	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	Movie Arvo 2pm	Bingo 2pm	Craft 2pm	Bingo 2pm	Residents Meeting 2pm
Grevillea/Banksia PM	Movie Arvo 2pm	Bingo 2pm	Craft 2pm	Bingo 2pm	Residents Meeting 2pm
Waratah PM	Movie Arvo 2pm	Bingo 2pm	Craft 2pm	Men's Shed 2pm	Residents Meeting 2pm

**WEEKEND ACTIVITIES:** Men's Shed, Playing Hoy, Carpet Bowls, Movies & Munchies

**Colour Key-** Acacia Wing-Pink, Grevillea/Banksia-Purple, 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:.....