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A message from the Director of Nursing

Hello everyone,

As we welcome the arrival of spring, I want to take this opportunity to emphasize the significance of this season for our facility. Spring represents a time of rejuvenation and growth. I believe that together, we can bring new energy and ideas to our facility, ensuring we maintain the highest standards of care and support for our residents.

Additionally, I would like to remind everyone that daylight savings will begin on the 7th of October. As we adjust our clocks, let's also embrace this opportunity to reflect on how we can make the most of the longer days and brighter evenings to enhance the well-being of our residents.

I look forward to the positive impact we will create together in the coming season. Please feel free to reach out if you have any questions, or suggestions, or simply want to share your thoughts.

I am delighted to extend a warm welcome to our new and existing department heads: -

Cleaning/Laundry: Sandi Graham

Clinical: Sarah Plews and Bronwyn Sharp (ADON)

Kitchen: Megan Charnock

Maintenance: Craig Wilson

Recreational/Lifestyle: Nikkara Brennan (Interim)

Workforce/Human Resources: Dominique Hartley (Interim)

Your expertise and dedication are invaluable, and I am excited to collaborate with each of you as we continue to provide exceptional care to our residents.

I would also like to extend a heartfelt thank you to all our staff for their hard work and commitment, and to our residents for their trust and cooperation. Your contributions make a significant difference in creating a warm and caring environment for everyone. Thank you for your continued dedication and support.

Remember...

Keep on smiling

Nikhil

Welcome



TO OUR NEW RESIDENTS

Raymond Hybinett, Helen Richardson, Alfred Huckel,
Iris MacDougal, Pauline Power, Betty Rowston, Nancy Grant,
Sydney Gill, Lance Cassidy, Margaret Cahill, Doreen Huckel .

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.

August and September in Review

Dear Residents, Families, and Friends,

As we reflect on the past two months at Weeroona, we are thrilled to share the vibrant activities and events that have brought joy and connection to our community.

In August, we kicked off with **Jeans for Genes Day**, where our residents showed their support by wearing denim and contributing to this important cause. The laughter and camaraderie were truly heartwarming! **Red Nose Day** followed closely, emphasising awareness around Sudden Infant Death Syndrome (SIDS). **Pet Therapy** sessions have also continued to be a favorite, bringing smiles and comfort as our furry friends visited. The bond between residents and their four-legged companion is always a delight to witness. **Karaoke weekends** was another highlight, with residents belting out their favorite tunes. It was an evening filled with laughter, singing, and a great sense of community spirit. **AHP Closing Olympics Ceremony** was a fantastic way to celebrate the achievements of our residents during the games. The excitement and friendly competition fostered a wonderful atmosphere throughout the facility.

In September, we enjoyed a delightful **bus trip to Hong Kong Chinese Restaurant**, where residents savored delicious cuisine and enjoyed each other's company. **Father's Day Afternoon Tea** was a special occasion where we celebrated our wonderful fathers and father figures. The atmosphere was filled with love and appreciation, complemented by delicious treats. Our **Club Cowra Bus Trip** offered another opportunity for residents to explore and enjoy the beautiful surroundings, fostering friendships and creating lasting memories. We also held a **Dementia Awareness Happy Hour**, encouraging meaningful conversations and understanding while promoting awareness in a relaxed and enjoyable setting. **Sakura Matsuri Cherry Blossom Festival** activities were a highlight, as residents engaged in various creative projects leading up to the festival. Our **Cherry Blossom Festival Bus Trip** allowed residents to experience the beauty of the blossoms firsthand, making it a truly memorable outing.

A Heartfelt Thank You

We thank our AINs, EENs, RNs, admin team, and GSOs for their unwavering support in keeping everything running smoothly every day. Your teamwork and commitment make a significant difference in the lives of our residents. As we move into the coming months, we look forward to more exciting activities and events. Thank you for being part of our vibrant community!

Nikkara

Lifestyle Team

COVID-19 Testing Policy Change

We're pleased to announce that COVID-19 testing is no longer mandatory for entry into Weeroona Aged Care Residence!

Your Health Matters

To continue prioritising the wellbeing of our residents, we will have COVID Rapid Antigen Tests available. If you experience any signs or symptoms of COVID-19, we encourage you to take a test before visiting.

Please Note:

- Our staff may ask you to participate in a COVID test upon arrival, especially if you show any symptoms.
- We appreciate your cooperation in keeping our community safe.

Thank you for your understanding and support as we navigate this transition together!

For any questions, feel free to contact us at 63423333.

Stay Safe, Stay Healthy!

Weeroona Aged Care Residence



WEEROONA
AGED CARE RESIDENCE

Jeans for Genes and Red Nose Day Pet Therapy Karaoke and AHP closing Olympics Ceremony

Jeans for Genes -Residents and staff at Weeroona donned their best denim attire on Friday, August 2nd, to celebrate Jeans for Genes Day, raising awareness and funds for genetic disorders. The day was marked by a lively happy hour afternoon tea, filled with delicious food, refreshing drinks, and a vibrant blue theme that brightened the atmosphere.

The event kicked off at 2 PM, with residents and staff gathering in the Acacia Dining room, decked out in shades of blue. Tables were adorned with blue tablecloths and cheerful decorations, setting the stage for a fun-filled afternoon. The menu featured an array of blue-themed treats, including blue cookies made by our talented RN supervisor Sarah and blue cupcakes, Karaoke was a highlight of the afternoon, with our beloved physiotherapist, Emmanuel, leading the charge. His enthusiasm for music and infectious energy encouraged everyone to join in

Pet Therapy -On Wednesday, August 7th, residents at Weeroona were treated to a heartwarming visit from their beloved furry friend, Abbey, a cheerful five-year-old Labrador. Accompanied by her experienced trainer, Pauline, Abbey's monthly visits have become a cherished highlight for everyone at the facility. From the moment she walked in, Abbey radiated joy, wagging her tail and greeting residents with gentle affection. The presence of this friendly pup brought smiles and laughter to faces, reminding many of their own beloved pets from years gone by. For some residents, the visit sparked fond memories, evoking stories of past furry companions and the happiness they brought into their lives. In an exciting announcement, Pauline shared that they may soon be bringing puppies for a visit later this year. "We're hoping to introduce some little ones to everyone, which will be even more fun and heartwarming

Red Nose Day - Residents and staff at Weeroona embraced their playful side on Friday, August 9 in a vibrant celebration of Red Nose Day. The annual event aimed to raise awareness and funds for children in need, and this year's festivities were highlighted by a delightful "dress-up" theme that brought joy and laughter to everyone involved.

Karaoke-Weekends at Weeroona were nothing short of spectacular, thanks to the collective efforts of RAO Raelene, Physiotherapist Emmanuel, and GSO Zac. Residents enjoyed engaging karaoke sessions and live guitar performances, which provided both entertainment and an opportunity for social interaction. These activities are crucial for enhancing mood, encouraging socialisation, and bringing joy to our community.

AHP Olympics Closing Ceremony - On Saturday, August 10th, we held the grand closing ceremony of the AHP Olympics. Our talented RAO Jessica handcrafted beautiful medals, and a podium was set up to recognize and celebrate our winners. Two of our residents opened the ceremony with Nita Healy singing the Australian National Anthem and Betty Duncan singing the French National Anthem. This ceremony was a testament to the dedication and hard work of all participants. It's moments like these that truly highlight the importance of staying active and engaged, both mentally and physically. A special thank you goes to Emmanuel for his exceptional training, which was key to making the Olympics such a success. Your energy and dedication ensured that our residents had an unforgettable experience.



Hong Kong Chinese Restaurant Bus Trip

On August 21st, nine lucky residents from Weeroona had the pleasure of enjoying a delicious lunch at the renowned Hong Kong Chinese Restaurant in Cowra. It was a beautiful day filled with delightful flavors, great company, and cherished memories.

As the group arrived at the restaurant, anticipation filled the air. Many residents took the opportunity to try dishes they had never experienced before, while others reminisced about past visits, sharing stories of their favorite meals and moments spent at the beloved eatery. The atmosphere was lively, with laughter and chatter echoing around the table.

To complement their meals, some residents savored a soothing cup of Chinese tea, while others opted for a refreshing soft drink or even a glass of wine or beer—just this once! The diverse menu offered something for everyone, making the outing a delightful culinary adventure.

After their satisfying meal, the residents opted for a scenic detour on the way back. They enjoyed taking in the beauty of the gardens and observing the ongoing work at the new hospital. This added touch to their outing allowed for more bonding time and exploration of the community.

Hong Kong Chinese Restaurant Bus Trip

The lifestyle team extends heartfelt thanks to the Cowra Bus Service for providing transportation and making the outing possible. Most importantly, we express our gratitude to our lovely residents for their enthusiasm and participation, which made the day so special. We look forward to planning more enjoyable outings in the future!



Fathers Day Afternoon Tea

On August 31st, Weeroona brought warmth and celebration to its residents with a delightful Father's Day afternoon tea held in the beautifully decorated Queensland Room, nestled between the Grevillea and Banksia areas. The event transformed the space into a vibrant gathering spot, perfect for an afternoon of companionship and culinary delights.

A heartfelt thank you goes to Meg, our kitchen supervisor, and her dedicated team for preparing an exquisite array of both sweet and savory foods. The table was a feast for the senses, featuring an assortment of treats that delighted all attendees. Special recognition is also due to Sarah, our RN supervisor, who baked delicious Father's Day cookies that were a big hit among residents.

The afternoon was made even more exciting with lucky door prizes up for grabs and a grand raffle featuring generous donations from local businesses, including The Aussie Hotel Cowra and Brother Fox Barber. This year's lucky raffle winner was our very own Noel Riley, who was thrilled to take home a wonderful prize.

Adding to the festive atmosphere, Graham provided live music that set the perfect tone for the gathering. His engaging performance encouraged residents to sing along and dance, creating a lively environment that resonated with joy.

As the afternoon drew to a close, participants left with full hearts and fond memories of a day well spent. Weeroona would like to extend its sincere gratitude to everyone involved in making this Father's Day afternoon tea such a success. It was a wonderful opportunity to celebrate the fathers in our community and foster connections among residents and staff. We look forward to more joyful gatherings in the future!

Fathers Day Afternoon Tea



Fathers Day Afternoon Tea



Fathers Day

On Sunday, September 1st, residents at Weeroona enjoyed a warm and joyous celebration for Father's Day, starting their day with thoughtful gifts delivered by weekend Recreational Activities Officers (RAOs) Julie and Kylie. Each male resident was treated to a special surprise that included a brand new handkerchief, a beautifully crafted Father's Day plaque, and a delightful homemade body wash created by our talented Assistant in Nursing (AIN), Carolyn.

The atmosphere was filled with appreciation as residents received their gifts, each one a symbol of the care and thoughtfulness that goes into celebrating this special day. The gifts not only brought smiles but also served as cherished keepsakes for the fathers and father figures in the community.

Adding to the festivities, residents enjoyed a beautifully decorated Father's Day cake, crafted by our skilled RN supervisor, Sarah. The cake was a visual delight, embodying the spirit of the day and providing a delicious treat for everyone to share.

"The joy on the residents' faces as they received their gifts was truly heartwarming," said Julie. "It's wonderful to celebrate the fathers in our community and make them feel special."

From all of the staff at Weeroona, we hope that every resident had a lovely Father's Day filled with joy and connection. The day was a reminder of the importance of family and community, and we look forward to creating more special moments together in the future!



Club Cowra Lunch Bus Trip

A Delightful Outing to Club Cowra

On the 10th of September, our lifestyle members, Nikki and Jude, took some of our lovely residents out for a delightful lunch at Club Cowra. The day was beautifully sunny, making it the perfect occasion for an outing.

For many of our residents, it was either their first visit to the club in a long time or their very first experience. Everyone was truly impressed with the club's new look, and the stunning mural on the wall became a popular talking point among the group.

When it came to lunch, the menu offered some real winners! The lamb cutlet quickly emerged as a favorite, with residents marveling at the generous portion sizes. Others opted for classic favorites, such as lamb's fry and a steak sandwich that was simply the biggest we've all seen. George, as always, managed to find room for it all!

Weeroona would like to extend our heartfelt thanks to the Cowra Bus Service for providing transportation and to Pat for being so helpful throughout the day. A big thank you also goes out to our wonderful residents, whose enthusiasm made this outing a truly enjoyable experience.

We look forward to more adventures together!



Dementia Awareness Happy Hour

On Wednesday, September 18th, residents at Weeroona celebrated Dementia Action Week with a vibrant Happy Hour dedicated to raising awareness about dementia. The event aimed to encourage everyone to take the first step in learning more about dementia and how to positively impact our communities. The atmosphere was adorned in beautiful shades of purple, symbolising the fight against dementia. Staff members were invited to come dressed in purple, contributing to a sense of unity and support. Attendees also participated in a gold coin donation, with lucky door prizes adding an element of excitement to the afternoon.

The event featured a wonderful array of delicious food and drinks, all provided by our talented kitchen team under the expert supervision of Kitchen Supervisor Meg. Residents enjoyed socialising while indulging in tasty refreshments, fostering a warm and welcoming environment. As part of the celebration, attendees were informed about key facts regarding dementia, emphasising its significance in our society:

- Dementia is the second leading cause of death for all Australians and is projected to become the leading cause soon.
- It is the leading cause of death for Australian women.
- In 2024, over 421,000 Australians are estimated to be living with dementia, with projections suggesting this number could exceed 812,500 by 2054.
- Almost 29,000 individuals are living with younger onset dementia, a figure expected to rise to nearly 41,000 by 2054, affecting people in their 30s, 40s, and 50s.
- More than 1.6 million Australians are involved in the care of someone living with dementia.
- Two in three individuals with dementia are thought to reside in the community, while 54% of those in permanent residential aged care have dementia.

This Happy Hour was a fantastic opportunity to connect and learn. Raising awareness about dementia is essential in helping us support each other and those affected by this condition.

A heartfelt thank you goes out to everyone who contributed to making this day possible, from the decorators to the kitchen team, and to those who generously donated. Together, we can help shape our communities for the better and ensure that we all understand the importance of supporting individuals living with dementia.



What's happening in Cowra ?

Sakura matsuri Cherry Blossom Festival

Saturday, September 28, 2024, as the Cowra Japanese Garden & Cultural Centre prepares to host the highly anticipated Sakura Matsuri, or Cherry Blossom Festival. This annual event is a delightful celebration of spring, showcasing the breathtaking beauty of cherry blossoms and rich Japanese culture.

Visitors to the festival can immerse themselves in a vibrant array of traditional Japanese performances and cultural displays. Highlights include music, dance, martial arts, and sumo demonstrations, alongside engaging arts and crafts and serene tea ceremonies. The Taiko Drummers are always a crowd favorite, filling the garden with exhilarating rhythms that echo through the landscape. Additionally, stallholders will offer a variety of delicious Japanese foods, drinks, and products, creating a feast for the senses.

The festival takes place against the stunning backdrop of the largest Japanese garden in the Southern Hemisphere, which will be in full bloom with cherry blossoms, apricot, apple, and plum blossoms, as well as magnolia. The cherry blossoms typically flower from mid-September to mid-October, making this the perfect time to experience their beauty.

To bring the spirit of Sakura Matsuri closer to home, the Wings of Weeroona Aged Care has been beautifully decorated in cherry blossoms and Japanese art, creating a festive atmosphere for residents. The vibrant decorations will surely brighten the space and engage everyone in the celebration.

In addition, our Lifestyle Staff member Nikkara has created informative booklets filled with interesting facts and activities related to the cherry blossom festival. These resources will provide residents with a deeper understanding of the cultural significance of the festival and offer enjoyable activities to engage with.

Cherry Blossom Festival Bus Trip

On Saturday, September 28th, four of our enthusiastic residents embarked on a delightful outing to the Cowra Japanese Garden for the annual Sakura Matsuri Cherry Blossom Festival, accompanied by our wonderful Recreational Activities Officers, Jess and Nikkara. The weather was absolutely beautiful, providing the perfect backdrop for a day filled with cultural experiences and joyful connections.

As soon as we arrived, the stunning gardens welcomed us with their vibrant cherry blossoms in full bloom, creating a serene and picturesque atmosphere. The residents were thrilled to stroll through the beautifully landscaped grounds, taking in the sights and sounds of nature, while soaking up the fresh air and sunshine. It was a wonderful opportunity for everyone to engage with the outdoors, promoting both physical activity and mental well-being.

One of the highlights of the day was the front-row seats we enjoyed for a series of fascinating martial arts demonstrations. We watched the skilled practitioners of Kumiai Ryu Cowra showcase their karate techniques, mesmerizing us with their discipline and agility. The excitement continued with a thrilling Sumo demonstration from the Australian Sumo Federation, where the sheer strength and strategy of the athletes captivated our residents. Finally, the Akido Club from Senshu University of Japan presented a stunning display of their martial arts, emphasizing balance and control, leaving us all in awe.

These cultural experiences provided not only entertainment but also an enriching educational opportunity. Our residents were able to learn about the traditions and disciplines behind these martial arts, fostering a greater appreciation for Japanese culture. The demonstrations sparked lively discussions among the residents and staff,

Cherry Blossom Festival Bus Trip

promoting social interaction and engagement that is vital for mental health and community spirit.

After the demonstrations, we headed to the café for a lovely lunch, where everyone enjoyed delicious food and shared stories from the day. The camaraderie built during the outing is invaluable, reinforcing the bonds between our residents and staff, and reminding us all of the importance of social connections.

We are thrilled to report that the day was a tremendous success, and we look forward to incorporating more weekend outings into our program. These excursions not only enhance our residents' quality of life but also create lasting memories and friendships. Stay tuned for more exciting adventures ahead!

Thank you to everyone who made this day possible, and a special shout-out to Jess and Nikkara for their fantastic support and organization. We can't wait for our next adventure!



Sakura Matsuri is the highlight of the year at the Gowra Japanese Garden & Cultural Centre. Our annual cherry blossom festival celebrating the coming of spring, the beauty of the seasonal cherry blossoms, and Japanese culture itself.

Visitors have the chance to experience traditional Japanese culture and performance on this day of joyful celebration.

The festival shows off the best of Japanese culture with displays and demonstrations including music, dance, martial arts and sumo, arts and crafts, tea ceremonies and more. The Taiko Drummers are always particularly popular, with heart-thumping rhythms reverberating through the garden. Stall holders offer a range of Japanese food, drinks and products.

This is all against a backdrop of the largest Japanese garden in the Southern Hemisphere showing the best of its spring blooms.

Sakura Matsuri is celebrated annually in September when the cherry blossoms are at their peak. The blossoms are usually in flower from late mid September until mid October, depending on weather each year. The Garden also includes apricot, apple and plum blossoms along with magnolia. Whatever time you visit, there is always beauty on show.



Cooking

SPINACH AND FETA SCROLLS

INGREDIENTS

- 1 sheet puff pastry (thawed)
- 100g cream cheese (softened)
- 150g baby spinach (washed and roughly torn)
- 100g feta cheese (crumbled)
- 100g shredded cheese (e.g., mozzarella or cheddar)
- Salt and pepper (to taste)

INSTRUCTIONS

- **Preheat the Oven:** Preheat your oven to 180°C (350°F).
- **Prepare the Puff Pastry:** On a lightly floured surface, roll out the thawed puff pastry to smooth it out.
- **Spread the Cream Cheese:** Evenly spread the softened cream cheese over the entire surface of the pastry.
- **Add Spinach:** Scatter the torn baby spinach over the cream cheese layer, ensuring even coverage.
- **Add Fetta:** crumble the feta over the spinach in an even layer
- **Sprinkle the Shredded Cheese:** Add a layer of shredded cheese on top of the spinach. Season with salt and pepper to taste.
- **Roll it Up:** Starting from one end, carefully roll the pastry and filling into a log shape. Try to keep it tight to ensure good shape and filling distribution.
- **Slice:** Once rolled, cut the log into 6 equal slices.
- **Bake:** Place the slices on a baking tray lined with parchment paper. Bake in the preheated oven for about 20 minutes, or until golden brown and puffed.
- **Cool and Serve:** Allow to cool slightly before serving. Enjoy warm or cold!



ENJOY!

- These scrolls make a delicious snack or appetizer. They're perfect for sharing or enjoying on your own!

Resident & Staff Profile

JANETTE THOMPSON

Janette was born in Cowra to Gladys and Jim Grant, she was one of 2 children, with a younger brother who sadly passed away.

Janette went to the local Catholic School, St Raphaels. Janette was first married to Ronald Moss at around 20.

They had 2 children together, 1 daughter and 1 son. But unfortunately, Ronald passed away only 5 years later. But Janette found love again with Clive Thompson, together they lived out at Wyangala for 27 years, before moving into town living in west Cowra.

They had 1 daughter together. Clive had 3 daughters of his own which made for a big happy family. Clive and Janette travelled around Australia in their caravan in 2002, and to the tip of Australia in 2004.

Janette has many fond memories of their life and travels together and often has a funny story or 2 to share.

Clive sadly passed away in 2010. Janette has 6 Grandchildren.

And has a close relationship with her family who come to visit each week.

Janette was an avid Bowls player, playing both for Wyangala and Cowra when they moved into town.



Janette enjoys her time here at weeroona having made some new friends and met up with a couple of old one.

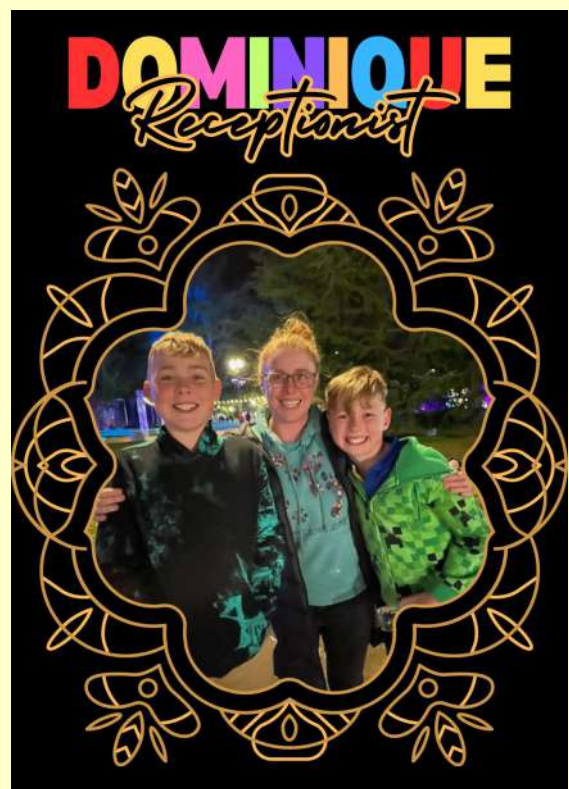
She would also like to thank Emmanuel for working with her and getting her up

MEET DOMINIQUE HARTLEY: OUR FRIENDLY FACE AT RECEPTION!

Dominique first joined the Weeroona family in 2019 as an Assistant in Nursing (AIN). Since then, her journey has taken her down various paths, allowing her to explore new experiences and personal growth. Though she stepped away from Weeroona to embrace life's adventures, her love for our community always drew her back. In 2024, we are thrilled to welcome Dominique to her newest role Receptionist!

After making the decision to transition from nursing, Dominique now brings her warmth and organizational skills to our administration team, where she's become the welcoming face at reception. Her friendly demeanor and genuine care for residents and their families make her an invaluable part of our team.

When she's not at work, Dominique keeps busy with her two teenage sons and her energetic kelpie dogs, ensuring there's never a dull moment at home. We're so glad to have Dominique with us, and we know our residents and their families appreciate her caring spirit as much as we do!



Resident Birthday

October

Margaret Walsh 1st

Robert Allport 4th

Lorna Sawyer 5th

Barbara Chown 8th

Elva O'Brien 10th

Nola Johnston 15th

John Gray 17th

Margaret Pendergast 21st

Eddie Newham 30th

November

Margaret Smith

15th

Sydney Gill 18th

Val Watt 18th

Shane Newton 18th



Happy Snaps



Coming Up in October and November

OCTOBER

- **Pet Therapy - Abbey the Labrador** First Monday of the month
- **German Theme Happy Hour** Thursday the 3rd of October 2pm the Acacia Dining room
- **NRL Grand final Residents Combined Morning** Sunday October 6th
- **Bus Trip** Lunch Bus trip to Neville Thursday 10th of October
- **Bingo sessions:** Mondays and Fridays at Acacia, Wednesdays at Grevillea at 2:00 p.m.
- **Morning Exercises:** Mondays at Acacia at 10:30 a.m, Wednesdays at Grevillea, Fridays at Waratah.
- **Group walks:** Tuesdays and Thursdays at 10:30 a.m.
- **Nail Care:** Tuesdays at 2:00 p.m.
- **Cooking:** Thursdays at 2:00 p.m.
- **Golf:** Every 2nd and 4th Saturday of the month
- **Church Services** Every Wednesday 11am Acacia Library
- **Bunnings Craft** on Thursday the 31st at 1:30 p.m. in the Grevillea Therapy Room
- **Resident & Relatives Meeting:** Thursday the 31st October at 2:30 pm in the Grevillea Therapy Room.

NOVEMBER

- **Pet Therapy - Abbey the Labrador** First Monday of the month
- **Melbourne Cup Theme Happy Hour** Tuesday 5th November 2pm the Acacia Dining room
- **Remembrance Day Service** 12th November 11am out by the flag pole
- **Bus Trip** Wyangala House Boat Thursday 21st November
- **Bingo sessions:** Mondays and Fridays at Acacia, Wednesdays at Grevillea at 2:00 p.m.
- **Morning Exercises:** Mondays at Acacia at 10:30 a.m, Wednesdays at Grevillea, Fridays at Waratah.
- **Group walks:** Tuesdays and Thursdays at 10:30 a.m.
- **Nail Care:** Tuesdays at 2:00 p.m.
- **Cooking:** Thursdays at 2:00 p.m.
- **Golf:** Every 2nd and 4th Saturday of the month
- **Church Services** Every Wednesday 11am Acacia Library
- **Bunnings Craft** on Friday the 31st at 1:30 p.m. in the Grevillea Therapy Room
- **Resident & Relatives Meeting:** Thursday the 28th November at 2:30 pm in the Grevillea Therapy Room.



Based in the Heart of Neville you'll find Rustic Nature!

A Cafe-Nursery set on acreage, Barista Made Coffee and delicious Home baked Cakes and Slices, Famous Lemon Meringues, Wraps, Toasties and Croissants

they do have Silkie Chickens, Alpaca's, Bantam Ducks and Miniature Cows wandering around the Property.

Thursday 10th October

Bus Trip

Scenic Drive to Neville

with lunch at Rustic Nature

Thursday 21st November

Bus Trip

Wyangala Waters House

Boat Joy Ride and BBQ





NOTICE BOARD

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

CLOTHING

Please ensure all resident clothing is labelled before placing in the wardrobe.

Garments can be dropped off at Reception for labelling.

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.

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.

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.

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.

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.

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.

All visitors must undertake an on-site Rapid Antigen Test prior to entering 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.

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

JOKES ...



Just got hospitalised due to a peekaboo accident.

They put me in the ICU.

RESIDENT PERSONAL BELONGINGS - IMPORTANT INFORMATION

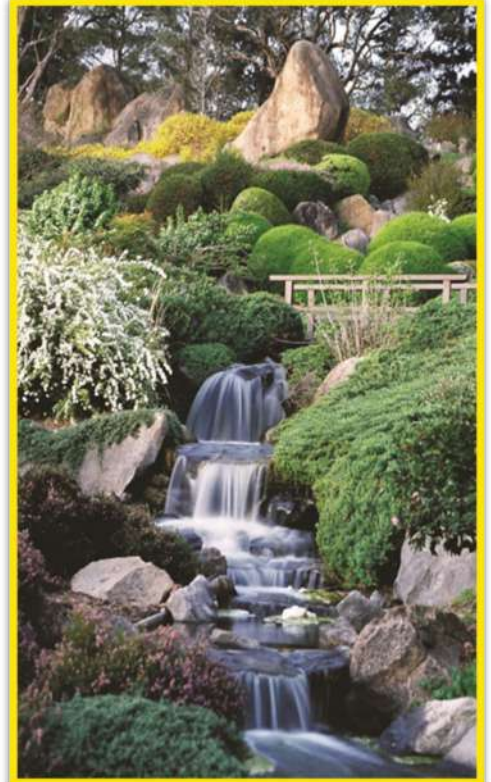
Weeroona treats the protection and security of Resident personal belongings seriously. Staff education conducted annually includes materials on handling and caring for items used by Residents. Although Weeroona's staff make their best efforts to ensure no harm comes to Resident belongings, unforeseen 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.

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



10 Comerford Street
Cowra NSW 2794

YOUR CHOICE

In Aged Care

Next Issue

*October & November
review*

*October & November
Highlights*

Resident Profile

Employee Profile

December & January

Events



In Loving Memory of

NORMA
SUTHERLAND

JOSIE INGRAM

JEANETTE
KANE



Lifestyle Program October 2024



			Tue 1st	Wed 2nd	Thurs 3rd	Fri 4th			
Acacia AM	Long Walks	1 on 1 Chats / RAO Exercise	1 on 1 Chats / RAO Exercise	Cooking / Balance	1 on 1 Chats / RAO Exercise				
Grevillea/Banksia	Table Tennis	1 on 1 Chats / Physio Exercise	1 on 1 Chats / Physio Exercise	Cooking / Short Walks	1 on 1 Chats / RAO Exercise				
Waratah AM	Jigsaw Puzzles	1 on 1 Chats / Rao Exercise	1 on 1 Chats / Rao Exercise	Darts / Quoits	1 on 1 Chats / Physio Exercise				
Acacia PM	Nail care Menu's	Mens Shed/ Music	Mens Shed/ Music	German Themed	Bingo				
Grevillea/Banksia	Nail Care / Movie	Bingo	Bingo	Happy	Life stories Grevillea				
Waratah PM	Nail care / Music	Ball Games	Ball Games	Hour	Balloon Tennis				
		Mon 7th	Tue 8th	Wed 9th	Thurs 10th	Fri 11th			
Acacia AM	Pet Therapy / Physio Exercise	Pet Therapy / Physio Exercise	Long Walks	1 on 1 Chats / RAO Exercise	Lunch Bus	1 on 1 Chats / RAO Exercise			
Grevillea/Banksia	Pet Therapy / RAO Exercise	Pet Therapy / RAO Exercise	Combined Sing A Long	1 on 1 Chats / Physio Exercise	Outing To	1 on 1 Chats / RAO Exercise			
Waratah AM	Pet Therapy / Rao Exercise	Pet Therapy / Rao Exercise	Life Stories	1 on 1 Chats / Rao Exercise	Neville	1 on 1 Chats / Physio Exercise			
Acacia PM	Bingo	Bingo	Nail care Menu's	Indoor Golf	Cooking / Balance	Bingo			
Grevillea/Banksia	Menu's	Menu's	Nail care / Music	Bingo	Cooking	Life stories Grevillea			
Waratah PM	Table Tennis	Table Tennis	Nail care / Movie	Aets And Craft	Hand Messages	Whiteboard Quiz			
		Mon 14th	Tue 15th	Wed 16th	Thurs 17th	Fri 18th			
Acacia AM	1 on 1 Chats / Physio Exercise	1 on 1 Chats / Physio Exercise	Long Walks	1 on 1 Chats / RAO Exercise	Darts / Quoits	1 on 1 Chats / RAO Exercise			
Grevillea/Banksia	1 on 1 Chats / RAO Exercise	1 on 1 Chats / RAO Exercise	Indoor Golf	1 on 1 Chats / Physio Exercise	Short walks	1 on 1 Chats / RAO Exercise			
Waratah AM	1 on 1 Chats / Rao Exercise	1 on 1 Chats / Rao Exercise	Meditation/ Colouring	1 on 1 Chats / Rao Exercise	Hand Messages	1 on 1 Chats / Physio Exercise			
Acacia PM	Bingo	Bingo	Nail care Menu's	Mens Shed/ Movie	Cooking / Balance	Bingo			
Grevillea/Banksia	Menu's	Menu's	Nail care / Movie	Bingo	Cooking	Life stories Grevillea			
Waratah PM	Indoor Golf	Indoor Golf	Nail care / Music	1 on 1 IQ Fit Puzzle	Quoits	Indoor Basketball			
		Mon 21st	Tue 22nd	Wed 23rd	Thurs 24th	Fri 25th			
Acacia AM	1 on 1 Chats / Physio Exercise	1 on 1 Chats / Physio Exercise	Long Walks	1 on 1 Chats / RAO Exercise	Life Stories Acacia	1 on 1 Chats / RAO Exercise			
Grevillea/Banksia	1 on 1 Chats / RAO Exercise	1 on 1 Chats / RAO Exercise	Meditation/ Colouring	1 on 1 Chats / Physio Exercise	Short walks	1 on 1 Chats / RAO Exercise			
Waratah AM	1 on 1 Chats / Rao Exercise	1 on 1 Chats / Rao Exercise	Life Stories	1 on 1 Chats / Rao Exercise	Sensory Task	1 on 1 Chats / Physio Exercise			
Acacia PM	Bingo	Bingo	Nail care Menu's	Sing A Long Afternoon	Cooking / Balance	Bingo			
Grevillea/Banksia	Menu's	Menu's	Nail care / Music	Bingo	Cooking	Life stories Grevillea			
Waratah PM	Darts / Quoits	Darts / Quoits	Nail care / Movie	Whiteboard Hangman	Table Tennis	Ten Pin Bowling			
		Mon 28th	Tue 29th	Wed 30th	Thurs 31st	WEEKEND SPECIAL			
Acacia AM	1 on 1 Chats / Physio Exercise	1 on 1 Chats / Physio Exercise	Long Walks	1 on 1 Chats / RAO Exercise	Cooking / Balance				
Grevillea/Banksia	1 on 1 Chats / RAO Exercise	1 on 1 Chats / RAO Exercise	Indoor Bowls	1 on 1 Chats / Physio Exercise	Cooking	Sunday October 6th			
Waratah AM	1 on 1 Chats / Rao Exercise	1 on 1 Chats / Rao Exercise	Whiteboard Quiz	1 on 1 Chats / RAO Exercise	Indoor Golf	NRL GRAND FINAL			
Acacia PM	Bingo	Bingo	Nail care Menu's	Indoor Golf	Resident / Bunnings Craft	Combined			
Grevillea/Banksia	Menu's	Menu's	Nail care / Movie	Bingo	Relatives / Bunnings Craft	Morning Tea			
Waratah PM	Montessori Task	Montessori Task	Nail care / Music	Hand Messages	Meeting / Bunnings Craft				

WEEKEND ACTIVITIES: Combined Morning Tea 1st and 3rd :

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:.....