



IN THIS ISSUE

- LETTER FROM THE DON
- MONTHS IN REVIEW FROM LIFESTYLE COORDINATORS
- DECEMBER AND JANUARY HIGHLIGHTS
- WHAT'S COMING UP?
- NOTICE BOARD
- IMPORTANT INFORMATION
- FEEDBACK FORMS

A message from the Director of Nursing

HELLO everyone,

As we welcome 2025, I would like to take this opportunity to reflect on the past two months and acknowledge the wonderful experiences we have shared as a community at Weeroona Aged Care. December and January were filled with celebration, togetherness, and a true sense of joy, reminding us all of the importance of connection and belonging.

The **Christmas season** brought festive cheer throughout our home, with beautifully decorated spaces, joyful carols, and special events that made the holidays extra meaningful. Christmas day lunch was a highlight, giving families the chance to come together and celebrate in a warm and welcoming environment. Thank you to our staff for ensuring that the festive season was a truly magical time for our residents.

I would like to express my gratitude to all of our **wonderful staff across every department** - your dedication and commitment ensure that our residents continue to receive the highest level of care and support. To our **residents and families**, thank you for your ongoing involvement and for making Weeroona such a warm and welcoming place to live.

We look forward to an exciting year ahead, filled with new experiences, engaging activities, and continued moments of joy. As always, we welcome your feedback and suggestions as we strive to make Weeroona Aged Care the best home it can be.

Wishing you all a happy and fulfilling year ahead.

Remember...

Keep on smiling

NIKHIL

Welcome



TO OUR NEW RESIDENTS

Jan Pomeroy Helen Tozer
Ronald Packwood Winsome Robson

Both the Director of Nursing and Deputy Director of Nursing act as the resident liaison to assist residents and their families in the admission process. We hope you will be happy and comfortable at Weeroona and we look forward to getting to know you better.

MONTHS IN REVIEW

Dear Residents, Families, and Friends,

As we step into a new year, we take a moment to reflect on the wonderful celebrations, activities, and special moments that made December and January such a memorable time at Weeroona Aged Care. The past two months have been filled with joy, togetherness, and plenty of laughter as we embraced the festive season and welcomed 2025 in true Weeroona style!

December brought the magic of Christmas, with our home beautifully decorated, carols filling the air, and special visits from Santa and the talented Christmas Town Band. We shared heartwarming moments over delicious festive meals, engaged in creative Christmas crafts, and enjoyed the company of family and friends during our Christmas Day Lunch. Thank you to everyone who helped make the season so special!

January was a month of fresh beginnings and celebration, as we rang in the New Year with a fun-filled party, took scenic outings, and enjoyed Australia Day festivities, complete with classic Aussie songs, storytelling, and delicious traditional treats. It has been wonderful to see residents embracing each event with enthusiasm and creating lasting memories together.

As we look ahead, we are excited for all the activities, outings, and moments of connection that the coming months will bring. We encourage everyone to share ideas and suggestions with us—we love bringing new and engaging experiences to our residents.

A big thank you to our incredible Weeroona community—residents, families, and staff—for making this a home full of warmth, laughter, and friendship. Here's to another fantastic year ahead!

Warm regards,
Sue & Nikkara
Lifestyle Coordinators

A MUSICAL TREAT FROM THE TOWN BAND!



This festive season, Weeroona Aged Care Residence was thrilled to welcome the talented Christmas Town Band to our home. Their visit brought the magic of live holiday music right to our doorstep, filling the air with the joyful sounds of the season.

Residents and staff alike were captivated by their beautiful renditions of classic carols and festive tunes. The enchanting melodies created a heartwarming atmosphere, sparking singalongs, smiles, and plenty of toe-tapping throughout the performance.

We extend a huge thank you to the Town Band for sharing their time and talent with us. Your music spread so much joy and became a highlight of our holiday celebrations. We hope to welcome you back next year to create even more magical memories

A SPECIAL VISIT FROM SANTA AT WEEROONA!

One of the most memorable highlights of our festive season was a surprise visit from Santa Claus himself! Our residents were overjoyed to welcome the jolly man in red, who arrived with his sack of cheer, bringing smiles and spreading holiday joy throughout our home.

The visit was truly magical, filled with laughter, nostalgia, and warm-hearted moments. Residents shared stories, hugs, and even snapped some cherished photos with Santa, creating memories that will be treasured for years to come. Seeing the twinkle in everyone's eyes as they embraced the holiday spirit was heartwarming and uplifting.

A special thank you to everyone who helped make this visit possible and to Santa for taking time out of his busy schedule to brighten our day. Your presence brought so much happiness and holiday cheer to us all!

A SPECIAL VISIT FROM SANTA AT WEEROONA!



HO HO HO HO HO
MERRY CHRISTMAS

CHRISTMAS LIGHTS BUS TOUR MAGIC!

This holiday season, our residents were treated to a magical experience as they embarked on a special Christmas lights bus tour, organised by our dedicated Lifestyle Coordinator, Sue Newcombe, and Lifestyle team member, Nikki Gorham.

With the incredible support of Cowra Bus Service, our group ventured through town to take in the most spectacular holiday displays. The twinkling lights, cheerful decorations, and festive atmosphere brought so much joy to everyone on board.

We extend our heartfelt thanks to Cowra Bus Service for providing safe and comfortable transport. Your kindness and care added an extra layer of warmth to this wonderful evening.

The tour was filled with smiles, laughter, and an abundance of holiday spirit, creating cherished memories for all. It was a truly magical way to celebrate the season together!



SPREADING HOLIDAY CHEER WITH CHRISTMAS CRAFTS

This festive season, the residents of Weeroona Aged Care got into the holiday spirit with a series of delightful Christmas craft activities! From decorating delicious biscuits to creating stunning wreaths and festive Christmas trees from pine cones, our craft sessions were filled with creativity, fun, and plenty of holiday cheer. The sessions brought smiles, laughter, and a wonderful sense of accomplishment as residents showcased their artistic talents. Each handmade creation added a personal and heartfelt touch to our holiday celebrations, making our home feel even more festive and welcoming. A huge thank you to our dedicated Lifestyle Team for organizing these wonderful activities and to our residents for their enthusiasm and creativity. Your efforts have truly brightened up Weeroona and made this holiday season extra special for everyone.

SPREADING HOLIDAY CHEER WITH CHRISTMAS CRAFTS



**CRAFT FUN
FOR everyone**

CHRISTMAS RAFFLE



**OUR 2024
CHRISTMAS RAFFLE
WINNER
IS OUR VERY OWN
COLLEEN
WILLSON
CONGRATULATIONS**

CHRISTMAS CAROLS WITH SPECIAL GUESTS!



One of the most touching highlights of our festive season at Weeroona Aged Care was the beautiful Christmas carol performances by the students of St. Raphael's and our cherished Grandfriends from Carinya.

The students filled our residence with youthful energy and angelic voices, performing beloved holiday classics that brought joy to everyone. Meanwhile, our Grandfriends from Carinya added their own charm and warmth, making the event even more special and memorable.

The carols created a magical atmosphere, bringing smiles, singalongs, and even a few happy tears as we all came together to celebrate the spirit of the season.

We extend our heartfelt gratitude to the students of St. Raphael's, our friends from Carinya, and everyone who contributed to making this musical celebration such a meaningful and joyous occasion.

RESIDENT PROFILE THE LIFE STORY OF IRIS LYNETTE MORGAN



Iris Lynette Morgan was born in the rural town of Cowra, where she spent her early years surrounded by the simplicity and warmth of country life. She grew up with two brothers, Billy and Ross, as well as a half-brother. The siblings shared a close bond and got along well, supporting each other through childhood.

Raised in a Presbyterian household, Iris's family followed their faith while embracing the hardworking nature of farm life. Her father was a dedicated farmer, providing for his family through sheer determination and effort. She fondly remembers him as a hardworking man and a loving father who set a strong example for his children.

One of the most profound moments in Iris's life was the loss of her mother when she was just six years old. Despite the early loss, she holds onto the warm memory of making pancakes together, flipping them high into the air with joy. This simple moment remains one of her most cherished recollections of her mother.

Iris's early education began at Wattamondra Public School, where she attended for the first 12 months under the guidance of Mr. Moss. She then continued her schooling via correspondence at Canimbla School

but never went on to high school. Despite this, she enjoyed school immensely, particularly spending time with her friends and playing hopscotch and cricket. She admired all her teachers and even dreamed of becoming a teacher herself.

Growing up, Iris considered her family to be of average means. They always had food on the table, clothes on their backs, and her Auntie Mag tended to a vegetable garden that provided fresh produce. She owned a bicycle and would ride 3.5 miles to school each day, enjoying the adventure that came with it. She and her siblings spent plenty of time playing together, making the most of their childhood.

One of her fondest childhood memories was Christmas, as it meant receiving a special treat - red cordial, a simple yet cherished delight.

As she grew older, Iris took her first job at Foy & Gibson in Cowra, a well-known department store. Social life for young men and women in those days revolved around community gatherings, with dances held every second Thursday night at the Presbyterian Hall. It was at one such dance, on the night of the Cowra Show, that she met the love of her life, Frank Morgan.

Iris and Frank married in 1952, marking the beginning of their journey together. She left home upon marriage and later started a family, raising three daughters and one son. In time, their family grew even more with the arrival of nine grandchildren.

Though she cannot recall the very first movie she ever saw, she fondly remembers the excitement of going into town for shopping trips, which were often followed by an afternoon at the cinema, where she once watched a Shirley Temple film.

After getting married and having her second child, Iris purchased her first car, marking another milestone in her life. From her childhood days of riding a bicycle to school to raising a family of her own, Iris's journey has been one of love, resilience, and cherished memories.

CHRISTMAS DAY

Christmas Day at Weeroona Aged Care was a truly special occasion filled with joy, delicious food, and warm celebrations. The day began with the Lifestyle Team Nikkara, Nikki, and Kayla delivering Christmas gifts to every resident, spreading holiday cheer from the moment the morning started.

Residents were treated to a traditional Christmas cake during morning tea, setting the tone for a day filled with festive delights. The highlight, of course, was the Christmas lunch. While some residents spent the day out with friends or family, others stayed at Weeroona to celebrate with their fellow residents, and some were joined by their families here at the facility.

The dining tables were beautifully decorated for the occasion, complete with festive touches like fresh cherries, chocolates, lollies, nuts, pretzels, and chips. The main meal was a traditional Christmas feast featuring roast turkey, baked ham, roasted vegetables, and a choice of Christmas pudding or pavlova for dessert.

We would like to extend our heartfelt gratitude to all the staff from every department nursing - RNs, EENs, and AINs, kitchen, cleaning, and lifestyle who gave up time with their own families on Christmas Day to ensure our residents had a wonderful celebration. Your dedication and care made this Christmas a truly memorable day for everyone at Weeroona.



sensory sand activity in waratah



On the 31st of December, residents in the Waratah Memory Care Unit at Weeroona Aged Care participated in a special sensory activity involving kinetic sand and colorful buttons, led by Lifestyle team member Kayla. This engaging activity provided a wonderful opportunity for residents to explore textures and stimulate their senses in a calming and creative environment.



Sensory activities like this are particularly beneficial for individuals living with cognitive impairments. The tactile nature of kinetic sand helps improve fine motor skills and coordination while offering a soothing experience that reduces anxiety and promotes relaxation. Incorporating buttons and small objects into the activity adds an element of exploration, encouraging focus, curiosity, and creativity.

These activities also serve as a meaningful way to foster social interaction and

connection among residents. Through shared participation, residents engage with one another in a relaxed and supportive setting, enhancing their emotional well-being.

We are proud to offer activities like this that enrich the lives of our residents, providing therapeutic benefits and moments of joy. Thank you to Kayla and the Lifestyle team for organising this wonderful experience for our memory care residents.

NEW YEARS DAY PARTY

Residents at Weeroona Aged Care rang in the start of 2025 with a joyful New Year's Day party held in the Grevillea Therapy Room and Lounge. The celebration brought everyone together to mark the occasion with laughter, music, and festive cheer.

The day featured a delicious spread of party food and drinks, creating a warm and welcoming atmosphere for all to enjoy. Adding to the festivities was our beloved karaoke session, where residents sang their hearts out and shared plenty of smiles as they welcomed the new year in style.

The celebration was a wonderful way to kick off 2025, filled with camaraderie and happiness. Thank

you to everyone who joined in and helped make this event such a memorable start to the new year!



HEARTWARMING PET THERAPY VISIT BRINGS SMILES TO RESIDENTS

On Monday, 6th January, residents at Weeroona Aged Care were delighted to welcome their beloved furry visitors for the monthly Pet Therapy session. Abby, the friendly Golden Labrador, accompanied by her owner and trainer Pauline Gill, and Ziv, the charming King Charles Cavalier, with his owner and trainer Jessica Quinn, brought warmth, joy, and plenty of wagging tails to brighten the day.

Residents eagerly anticipate these visits each month, cherishing the time spent bonding with Abby and Ziv. The presence of these affectionate dogs fosters a deep sense of connection and emotional well-being among our residents, creating moments of joy and comfort that linger long after the sessions are over.

Pet therapy in aged care settings has numerous proven benefits. Interaction with animals can reduce stress, alleviate feelings of loneliness, and even lower blood pressure. For residents with cognitive impairments, the soothing nature of animals can enhance focus, reduce agitation, and spark positive memories. Additionally, pet therapy provides an opportunity for residents to engage socially, whether it's through sharing stories about past pets or enjoying the playful antics of Abby and Ziv.

We extend our heartfelt thanks to Pauline Gill and Jessica Quinn for their dedication and to Abby and Ziv for the unconditional love and happiness they bring to our community. Pet Therapy continues to be a cherished part of our Lifestyle Program, enriching the lives of residents in countless ways.



BLAYNEY BUS TRIP



On the 13th of January, twelve of our wonderful residents embarked on a delightful bus trip to Blayney, organised by our Lifestyle Coordinators, Sue and Nikkara. The day was filled with breathtaking scenery, delicious food, and plenty of laughter.

Our journey began with a scenic drive, during which residents admired the picturesque countryside. Our first stop was the Blayney Information Centre and the charming Ironbark Espresso Bar Café. Residents enjoyed a lovely morning tea, complete with a warm cuppa and lively conversation, setting a cheerful tone for the day.

The highlight of the trip was undoubtedly the incredible lunch at Ironbark Espresso Bar. Residents were treated to a variety of delicious meals, with the fish and chips served alongside house-made aioli being a standout favorite. The chicken burgers, juicy and packed with flavor, were equally praised. Everyone left the table feeling full, satisfied, and in great spirits.

After lunch, we continued our adventure with a scenic drive through Carcoar, a beautiful little town that offers a charming glimpse into the past. The residents thoroughly enjoyed the views and the relaxed atmosphere, making the drive home a perfect conclusion to the day.

A heartfelt thank you to Cowra Bus Service for providing safe and comfortable transportation and to the wonderful staff at Ironbark Espresso Bar Café for their warm hospitality. This outing was a memorable experience, and we look forward to more adventures like this in the future.

Prayer and Praise

On Wednesday, 15th January 2025, Weeroona Aged Care residents were honored with a visit from the Cowra Summer Breakout Youth Team. The team provided a beautiful afternoon of prayer and praise, featuring live music and hymns that filled our residence with joy and reflection.

Engaging in religious and spiritual activities offers numerous benefits for aged care residents. Such practices can enhance emotional well-being, provide comfort, and foster a sense of community. Spiritual support has been shown to improve overall life satisfaction among elderly individuals, contributing positively to their quality of life.

At Weeroona, we recognise the importance of catering to the spiritual needs of our residents. Our Health and Leisure Team offers a diverse range of activities to meet the emotional, intellectual, spiritual, and cultural needs of everyone in our care.

We extend our heartfelt thanks to the Cowra Summer Breakout Youth Team for their time and dedication. Their visit not only provided spiritual enrichment but also strengthened the bonds within our community, leaving a lasting impact on all who attended.



AUSSIE CRAFT

Exciting Australia Day Celebrations at Weeroona Aged Care!

On January 21st, our wonderful residents kicked off an amazing week filled with Australia Day themed activities! We started the festivities with a vibrant Arts and Crafts morning, where everyone got creative making beautiful collages of the iconic Sydney Opera House.

Using colorful paper, paper plates, bright cellophane, sparkling glitter, and shimmering gems, our residents had a blast expressing their artistic flair and showcasing their love for our stunning landmarks. The atmosphere was filled with laughter, creativity, and a true sense of community!

Thank you to our Lifestyle Team and to all our lovely residents for their incredible enthusiasm. We can't wait for more fun-filled activities throughout the week! Stay tuned for more updates on our Australia Day celebrations!

AUSTRALIAN STORY TELLING AND SING-A-LONG

On Wednesday, January 22nd, our residents came together for a delightful afternoon of Australian storytelling and sing-along, led by our Lifestyle Coordinator, Nikkara.

The session was filled with engaging stories, laughter, and a deep appreciation for Australia's rich cultural history. Residents enjoyed listening to and sharing stories that included:

- Dreamtime stories from Indigenous culture, like the Rainbow Serpent.
- Tales of early settlers and bushrangers, including the infamous Ned Kelly.
- Humorous anecdotes from Australian life, including fond memories of the good old outdoor dunny!

To make the afternoon even more special, each resident received their very own songbook filled with lyrics to some classic Aussie tunes. Together, we sang along to favorites like:

- Waltzing Matilda
- I Am Australian
- Click Go the Shears
- Home Among the Gumtrees
- Tie Me Kangaroo Down, Sport

It was a heartwarming and fun-filled event that celebrated Australian heritage and brought smiles to everyone's faces.

AUSSIE CRAFT

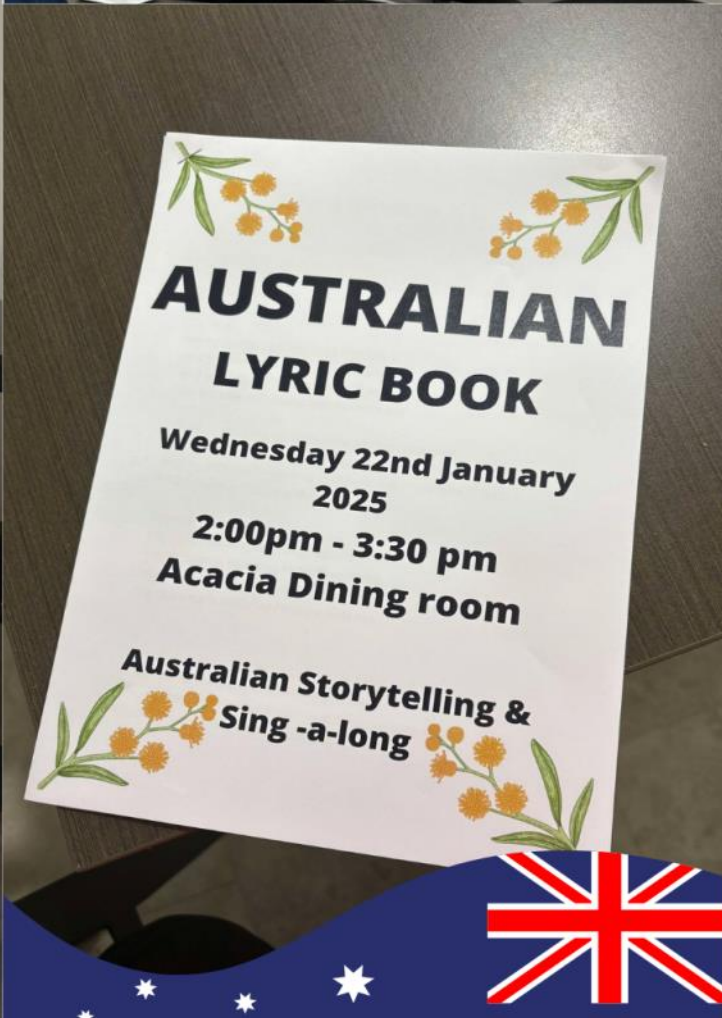


SYDNEY OPERA HOUSE COLLAGE

Australia Day Week

Activities

AUSTRALIAN STORY TELLING AND SING-ALONG



COOKING VEGEMITE AND CHEESE SCROLLS

Ingredients:

- 4 sheets puff pastry, thawed
- 1/4 cup Vegemite
- 3 cups grated tasty cheese
- 1 egg, beaten

Method:

1. Preheat the Oven

Preheat your oven to 220°C (200°C fan-forced). Line three baking trays with baking paper.

2. Prepare the Pastry

Lay one sheet of puff pastry onto a chopping board. Spread a thin, even layer of Vegemite over the surface, then sprinkle with grated cheese. Repeat for the remaining pastry sheets.

3. Roll the Pastry

Starting from the edge closest to you, gently roll the pastry sheet into a tight log. Avoid rolling too tightly, as this may cause the filling to spill out during baking.

4. Cut the Scrolls

Slice each roll into 12 equal portions. A simple way to do this is to cut the roll into quarters, then divide each quarter into three equal pieces.

5. Bake the Scrolls

Place the scrolls, cut-side up, onto the prepared baking trays, leaving space between them to allow for spreading. Brush the tops with beaten egg for a golden finish.

6. Bake and Serve

Bake for 15-20 minutes or until the pastry is golden brown and the cheese is melted. Allow to cool for 5 minutes on the trays before transferring to a wire rack. Serve warm and enjoy!



These **Cheese and Vegemite Scrolls** make for a perfect snack, lunchbox treat, or party appetizer. Simple, delicious, and full of Aussie flavor!

AUSSIE SPIRIT SHINES AT WEEROONA'S AUSTRALIA DAY HAPPY HOUR!

On Friday, 24th January 2025, residents from all wings of Weeroona Aged Care came together to celebrate Australia Day with an afternoon of fun, music, and delicious Aussie treats. Held in the Acacia Dining Room, the event was a wonderful opportunity for residents to connect, share stories, and embrace the rich culture and traditions of Australia.

The room was transformed into a vibrant sea of **Australian flags, bunting, and themed tablecloths**, setting the perfect backdrop for the festivities. Residents arrived to warm welcomes and were seated in cozy clusters, fostering conversation and camaraderie.

No Australia Day celebration is complete without a spread of iconic Aussie snacks! Residents indulged in **homemade Vegemite and cheese scrolls, mini meat pies, sausage rolls, and mini quiches**, followed by a sweet selection of **lamingtons, Anzac biscuits, and festive green and gold doughnuts**. Paired with refreshing drinks, the delicious treats were a highlight of the afternoon, sparking fond memories and lively discussions about favorite Australian foods.

As residents enjoyed their refreshments, the room buzzed with chatter as staff and residents **shared interesting facts about Australia's history, culture, and traditions**. Many residents reminisced about their past Australia Day celebrations, from backyard barbecues to watching the fireworks. The sense of nostalgia and pride in our great nation was truly heartwarming.

With spirits high, it was time for the much-anticipated **Aussie sing-along session**. Residents grabbed their **lyric sheets** and joined in for a joyful performance of **classic Australian songs**, including:

Waltzing Matilda

Click Go the Shears

Tie Me Kangaroo Down, Sport

I Still Call Australia Home

Home Among the Gumtrees

The event concluded with a stirring rendition of "**Advance Australia Fair**", bringing everyone together in a heartfelt celebration of our country and its rich cultural heritage.

This special Australia Day Happy Hour was a fantastic way to bring residents together, celebrate **Australian pride**, and create meaningful connections through music, food, and shared stories. A huge **thank you to our Lifestyle Team** for organizing such a memorable event and to all the residents who participated with enthusiasm and joy. Here's to another year of **mateship, laughter, and Aussie spirit** at Weeroona Aged Care!

AUSTRALIA DAY



HAPPY HOUR

RESIDENT BIRTHDAYS

February

Bruce A 3rd
Robin B 23rd
Jo D 28th

MARCH

Jan P 5th
Lil C 27th
Nancy G 27th
Helen R 28th
Mary J 29th

Happy Birthday

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

BIRTHDAY PHOTOS



COMING UP IN FEBRUARY

PLEASE JOIN US
FOR A WEEK OF

Valentine's
Day
Themed
ACTIVITIES



WEEROONA
AGED CARE RESIDENCE

MONDAY
10TH FEBRUARY

Valentine's
Bingo



2:00PM
GREVILLEA
DINING ROOM



WEEROONA
AGED CARE RESIDENCE

TUESDAY
11TH FEBRUARY

Valentine's
Card Making



10AM
GREVILLEA
LOUNGE ROOM



WEEROONA
AGED CARE RESIDENCE

TUESDAY
11TH FEBRUARY

Valentine's
Movie



SLEEPLESS IN
SEATTLE

2PM ALL WINGS



WEEROONA
AGED CARE RESIDENCE

WEDNESDAY
12TH FEBRUARY

Valentine's
Craftersnoon



COASTER
DECORATING

2PM ACACIA



WEEROONA
AGED CARE RESIDENCE

WEDNESDAY
12TH FEBRUARY

Valentine's
Flower Arranging



2PM WARATAH



WEEROONA
AGED CARE RESIDENCE

THURSDAY
13TH FEBRUARY

Valentine's
Outdoor Morning Tea



10:15 AM ACACIA
COURTYARD



WEEROONA
AGED CARE RESIDENCE

FRIDAY
14TH FEBRUARY

Valentine's
Day



Happy Hour
2PM ACACIA
DINING ROOM



WEEROONA
AGED CARE RESIDENCE



**FEBRUARY 18TH BUS TRIP
SCENIC DRIVE TO GRENFELL
NSW LUNCH AT THE
CRITERION HOTEL & TOUR
OF THE PAINTED SILOS**



COMING UP IN MARCH

Join the CELEBRATION! Seniors FESTIVAL 2025

4th March - 14th March
Weeroona Residents,
let's shine bright and join in the fun this year with our Lifestyle Team's exciting selection of activities!
Don't miss out come celebrate, connect, and enjoy the festivities!



Tuesday March 4th
Woodstock Village Luncheon
Hosted by Meals on Wheels
at the **Royal Hotel Woodstock**
10:45 - 2:30pm
LIMITED TO 4 SPOTS for Waratah Residents
with Sue



Wednesday March 5th
John Wood and Dave Allen "Our Rock Journey" Concert and Morning Tea
at Club Cowra
Gold Logie Winner John Wood - has teamed up with vocalist, musician and front man from 'Rock around the World', Dave Allen.
A Rock & Roll Extravaganza showcases vocals, guitars, drums, congas and blues harp played by this professional and talented duo
10:45 - 11:30
LIMITED TO 12 SPOTS Open to all Residents
with Nikkara and Sue



Thursday 6th March
Gooloogong Village Luncheon
Hosted by Meals on Wheels
at the **Gooloogong Hotel**
10:45 - 2:30
LIMITED TO 4 SPOTS For Grevillea Residents
With Nikki



Sunday March 9th
Lachlan Valley Railway Heritage Train Ride
Hosted by Lachlan Valley Railway Society
A 98 year old rail motor train will convey passengers on a short, 25 minute return Journey from the station to the Lachlan River
10-11 am
LIMITED TO 5 SPOT CONFIDENT WALKERS
with Sue and Nikkara



Monday March 10th
Surprise theme Combined Happy Hour
Hosted by the Lifestyle Team
Weeroona
Acacia Lounge room
3:00pm
EVERYONE WELCOME



Wednesday March 12th
Come Try Croquet
come and try a friendly game of Croquet and enjoy a cuppa after only a hat and comfortable shoes required
8:45 - 10:15 BROUGHAM PARK
LIMITED TO 4 SPOTS
with Nikki



Wednesday March 12th
Cowra Annual Seniors Lunch
Hosted by Meals on Wheels
at the **Cowra Bowling Club**
11:00-2:00



Thursday March 13th
Cowra M&D Lunchtime Theatre
Absolutely Fabulous
Hosted by Cowra Musical and Dramatic Society
at the **Club Cowra**
25 minute show featuring one episode of the 1990s British TV comedy 'Absolutely Fabulous'
1:00-2:00
EXPRESSIONS OF INTEREST



NOTICE BOARD

CLOTHING

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

Garments must be dropped off at Reception for labelling.

ELECTRICAL APPLIANCES

All appliances need to be tagged. Please advise Administration or Maintenance staff so that we can arrange for the item to be tagged.

EMAIL CORRESPONDENCE

If you have an email address and would like to receive information by email, please email us at weeroona@wacr.care 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.

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.

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.

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

FOOD LOG

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

A reminder that ALL VISITORS MUST SIGN IN AND OUT on the visitor's register (located at reception).

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

CHANGE OF DETAILS

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

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

ENIGMA OF THE MONTHS

Riddle: A pregnant lady named her children: Dominique, Regis, Michelle, Fawn, Sophie, and Lara. What will she name her next child? Jessica, Katie, Abby, or Tilly?

Answer: Tilly. She seems to follow the scale Do, Re, Me, Fa, So, La, and then Ti.

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.

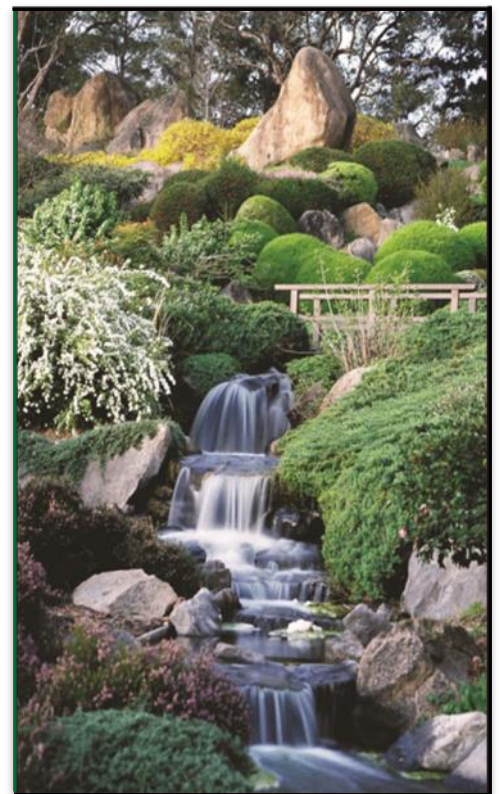
Weeroona's management team appreciate your understanding and any further questions can be directed to our Administration Team.

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

*February & March in
review*

*February & March
Highlights*

Resident Profile

April & May Events



In Loving Memory of



ROBERT SING

JOHN FANNING

SYDNEY GILL

MARGARET WYKAMP

LOLA HAMPTON

BETTY RUSH



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:.....