

MURROONA GARDENS BROADCASTER

JUNE 2019



Board members Chris Coventry, Ruth Morton & Dr Michael Reinke together with Greg, Megan and staff representatives attended the Bowen Chamber of Commerce Business Excellence award function held on 30th May. Murroona Gardens was a finalist in the Business Excellence (16+staff) category and the Social Enterprise category. We received a Highly Commended award in the Business Excellence category and were announced as the winner in the Social Enterprise category. These awards are a credit to the team and reflect the care and compassion shown to our residents. Congratulations to all of our staff.



Representatives from the Aged Care Quality and Safety Commission will be on site 19th June to carry out a compliance audit of the Day Therapy Centre and our Home Care Package clients. A morning tea will be held at the Day Therapy Centre commencing at 10.00am. The auditors will take this opportunity to meet with all Home Care package clients and Social Support Group attendees.

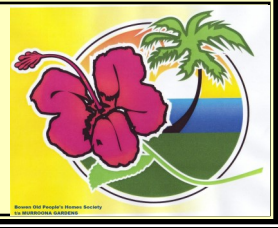
Congratulations to Jan Power & Gayle Ramsay for organising the Country Rock and Roll fundraising event. A special thank you to the musicians who donated their time to make the evening a success and to the staff and volunteers who assisted on the night.

The Board has arranged a 12 month maintenance contract with Ken O'Regan to carry out whipper snipping and mowing of the lawns in Rotary Village. Ken and his team will blow down all drive ways, whipper snip the edges, mow all of the lawns and remove all grass clippings.



Until next time,
Megan and I will continue to strive to
make Murroona Gardens a centre of
excellence for our community.





What a great start to our Virtual Forrest Fund Raising Campaign! Guests who attended our night of musical entertainment thoroughly enjoyed their evening and a request was made that it become a “monthly event”. We are certainly hoping to make it a regular event for our community and many thanks are extended to all who contributed to making it such a resounding success.



“What is a Virtual Forrest?” I hear you ask...

Imagine being able to take a person living with dementia out of their everyday environment into a “virtual world”. A world where they experience awe, wonder, amazement, excitement and joy. With the use of computer game technology, we can do this!

There are no complicated buttons or coordination needed- just the sway of the arms will make the sun rise or the wind blow through the trees, or even a season change from sunshine to snow; a clap of the hands will cause the leaves to fall or the birds to fly up.

The Virtual Forrest program is a peaceful and enjoyable, immersive environment designed specifically to improve the quality of life for individuals living with dementia.



The Virtual Forest uses video game technology, a Kinect sensor and a large screen to turn the lounge room of the Memory Support Unit into an enchanted space reflecting the sights, sounds and animals of the natural world in different seasons.

It has been designed and developed specifically for people with dementia to provide a calming experience that stimulates the senses and engages participants to interact with the virtual world.

Of course, technology is expensive, and our goal may take a number of fund-raising activities to achieve but we are determined! As usual we had a lot of help from our many friends in the community who are always

there to lend a helping hand, donate their time, expertise or items. Our fund-raising total was boosted significantly by the very kind donation of \$540 from the Merinda Meatworks Reunion Group. A comprehensive list of our generous friends is contained in the Broadcaster.

I am happy to report that our grand total raised was \$2500- again many thanks to you all!

Until next month.....

Make each day the best it can be..

Megan Murray



YOUR HOME, YOUR CARE, YOUR CHOICE...

Murroona Gardens Home Care & Day Therapy Services will be audited on Wednesday 19 June 2019. The Aged Care Quality and Safety Commission assesses aged care services provided in the home and community through quality review processes.

Site visits on Home Care providers are conducted at least once every three years. The consumer's experience of the quality of care and services is an important part of the site audit. This ensures that the consumer experience is considered in decision making by the Aged Care Quality and Safety Commission. A minimum of 10% of residents and representatives are interviewed by the Commission. Representatives may include family members, enduring power of attorney or any other representatives of the resident.

We invite all of our Home Care Package Recipients and Day Therapy attendees to a Morning Tea commencing at 10.00am on 19 June 2019.

Should any of our consumers or their representatives, request the opportunity to meet with the assessment team to provide their views as to the quality of care and services provided, please contact Helen Woodhouse to arrange a 1:1 appointment with the assessment team.



The Murroona Angels spent their Employee of the Month reward on coffee from Le Sorrelle and more coffee and delicious warm treats from Jochheims Pie Shop. We would like to thank the wonderful clients who put forward our name as nominees. We will continue to strive to provide outstanding Home Care service to the whole of the Bowen Community.





**In MAY we
welcomed new
residents:**

- * Ann Wills (respite)
- * Dot Anderson
(respite)



JUNE Birthdays

- * Fred Hewitt
- * Les Corbett
- * Lisa Diprose
- * Lotti Engeln
- * Don Wright
- * Don Waters
- * June Maloney
- * Lil Lorroway
- * Helen Teitzel
- * Pam Norton

**Happy
Birthday**
wishes from
Murroona

ACTIVITIES FOR JUNE

JUNE 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10.00 Hostel 2:00 5c Bingo 	4 10.30 Ukulele Group <i>Frangi</i> 2:00 Movie	5 MINNIE VINNIES 10.30 FriendShip Group 12.00 Men's BBQ <u>Hostel</u> 	6 10:00 Bus Trip NH 1.30 Hot Pan cakes Primary School Re-Engagement Program 	7 Communion 10.30 Latin Dancing <i>Frangi</i> 2:00 Beauty Therapy Hand Massage
10 10.00 Beach Picnic Hostel 2:00 5c Bingo 	11 10.30 BASTIST CHURCH N/Home 2:00 Movie	12 MINNIE VINNIES 10:30 RESIDENTS MEETING (Hostel) 2:00 Cooking 2:00 Cards Hostel	13 10:00 Bus Trip Jochheim NH 2:00 Happy Hour <u>Ken & Karin</u> Mens/ Activities Shed	14 Communion 9.30 TAI CHI 10.30 2:00 Beauty Therapy Hand Massage
17 10.00 Hostel 2:00 5c Bingo 	18 10.30 Choir <i>Frangipane</i> 2:00 Movie	19 MINNIE VINNIES Friendship Group 2:00 Art 2:00 Cards Hostel	20 10.00 Beach Picnic N/Home 2:00 Word Games 2:00 sweet Trolley N/Home	21 Communion 10.30 Easy wear Clothing <u>Frangipani</u> 2:00 Beauty Therapy Hand Massage
24 10:00 Bus Trip Jochheim 2:00 5c Bingo 	25 PUBLIC HOLIDAY 	26 MINNIE VINNIES Friendship Group 2:00 Cooking 2:00 Cards Hostel	27 10:00 Bus Trip 2:00 Word Games 2:00 sweet Trolley N/Home	28 Communion 10:00 LORRAINE MALTBY Sing a long 1.30 QB School Choir Frangipani



9.30 am



Friday 10.30
Music Therapy

Library Pick up Monday
10th and 24th

COUNTRY ROCK & ROLL FUNDRAISER

JUNE 2019



What an amazing night of entertainment! Murroona Gardens would like to sincerely thank all of the people who were involved in making this night such a success—from the staff who organised and helped on the night, the bbq cookers, the raffle ticket sellers, the cake cookers, plant stall makers, the photo taker, the prizes and prize money & equipment donators, the brilliant entertainers and of course all of those who attended and tapped their toes to the music.



Lu Odger & Danny Merrypor present a donation on behalf of the Bowen Meatworkers



Bowen Lions donated their chairs and one of the cooks for the bbq.



B.U.G.S (Bowen Ukulele Group Society) —started the night's entertainment with some catchy tunes



COUNTRY ROCK & ROLL FUNDRAISER

JUNE 2019



"The Tradies"



"Shoot 'em Dead—Sue Colgate"



"Rock & Roll Cowgirls"
Jan & Gayle



Lil Moore, her sisters and grand-niece
kicking up some dirt



"Robbie Lowcock"



"Rickie Ahmat"



"Joadi Bartlett"

MURROONA GARDENS VISITORS

JUNE 2019



BSHS— Students of the Bowen State High School attended for a tour of our facility. The young adults were so well mannered and will make fantastic future nurses.



Anglican Ladies—entertaining the crowds and serving a delicious morning tea.

Virginia Hansen—presented her pop up shop of easy wear clothing. Joyce Ericksen & Pam Norton were delighted by the huge range of clothing.



INTERNATIONAL NURSES DAY

JUNE 2019



International Nurses Day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth. To acknowledge the hard work, long hours, and emotional duress that are part of the life of every nurse, Murroona Gardens held a celebratory morning tea for all of our clinical staff.

Thank you for being so caring.



Nurses
do it with 
Love
& **care.**



Nurses
may not be
angels,
but they are the next
best thing.

MOTHER'S DAY

JUNE 2019



Lois Allen (left) enjoys the entertainment and beautiful costume worn by Jan Watson.



Lotti Engeln cuts the Mother's Day cake.

Every day should be a day to celebrate our mothers, but for one day every year we have the opportunity to join together and share what it is that we really love about them. Not just our mothers, but our grannies, nanas, grandmas, and even our great grandmothers, too.



Residents enjoy a wonderful Mother's Day morning tea with singing provided by the Bluetones Choir.



DAY THERAPY ACTIVITIES

JUNE 2019



WHAT'S ON

Date	Morning	Afternoon
Monday 3 rd	Exercises/ Bingo	Rummy-O
Tuesday 4 th	Exercises/Aussie Bingo	Scrabble
Wednesday 5 th	Morning Melodies	@ Burdekin Theatre
Thursday 6 th	Closed	Closed
Friday 7 th	Closed	Closed
Monday 10 th	Exercises / Canasta	Skip-Bo
Tuesday 11 th	Friendship Club	Boccia
Wednesday 12 th	Walking group	Table Games
Thursday 13 th	Healing Mass	Finska
Friday 14 th	Exercises/ 10 Pin Bowling	Bus Drive
Monday 17 th	Pensioners Social	Pedicures
Tuesday 18 th	Exercises/ Koala Keno	5 Crowns
Wednesday 19 th	DTC M/Tea	Scattergories
Thursday 20 th	Exercises/ 5c Bingo	Crossword
Friday 21 st		
Monday 24 th	Exercises/gospel singing	Canasta
Tuesday 25 th	Bowen Show Holiday	Rummy-O
Wednesday 26 th	Walking Group	Sevens
Thursday 27 th	Sing-a-long with Ken & Karen	Table games
Friday 28 th	Exercises/Koala Keno	QB School Choir

DAY THERAPY ACTIVITIES

JUNE 2019



MOM Happy Mother's Day



Mother's Day—a day to celebrate mothers in all different shapes, forms and cultures. Elaine Campbell & Vicky Snailum remembering their mothers and Peg Mawhirt and Marie Mepham Cutting the delicious cake made by our kitchen staff.



The Neighbourhood Centre Biggest Morning Tea provided our clients with an entertained filled morning. Margaret Vincent & Beryl Adcock watch on as Yoshi Dunn produces the winning ticket. It was a treat to watch the traditional dancer move her hips.

DAY THERAPY ACTIVITIES

JUNE 2019



Tara Wells—our resident talent entertains our group with her singing then teaches us how to make our own candles.

Who says you can teach an old person new tricks?

To follow it off we had a competitive, but friendly, game of indoor bowling.



Studies show that seniors who stay socially active and engaged experience a variety of benefits, including: Better cognitive function. Social activities keep us sharp and mentally engaged, and this is important to prevent the onset of dementia or Alzheimer's disease.



DAY THERAPY ACTIVITIES

JUNE 2019



Murroona Gardens Biggest Morning Tea



June Bates was joined by daughters, Janice & Diane for the Biggest Morning Tea in Day Therapy Centre.



Elaine Campbell got a chance to unwrap the "Pass the Parcel".



Cath Doherty won the raffle.



Beryl Adcock had the most colourful walking stick giving her the chance to unwrap the "Pass the Parcel"



Australia's
**BIGGEST
MORNING
TEA**

EXPRESSIONS OF THANKS

JUNE 2019



“Giving is not just about making a donation—it’s about making a difference”

Thank you to those who made a difference for May 2019

Tracey Bazzo - Pool Shop

Chris Smith

Noela Tapp

Estate of Barbara Jameson

The late Dorothy Cook

Bowen Quilters & Needlecraft Group Inc (from the wool donated from the wife of the Late Bob Norman)

Marie Mephram

Carole Tuttle

Bob Sacre

Bowen Woolworths





A special thought for today

If the mountain seems too big today
then climb a hill instead.
If the morning brings you sadness
it's ok to stay in bed.
If the day ahead weighs heavy
and your plans feel like a curse,
there's no shame in rearranging
don't make yourself feel worse.
If a shower stings like needles
and a bath feels like you'll drown.
If you haven't washed your hair for days
don't throw away your crown.
A day is not a lifetime.
A rest is not defeat.
Don't think of it as failure
just a quiet, kind retreat.
It's ok to take a moment
from an anxious fractured mind.
The world will not stop turning
while you get realigned.
The mountain will still be there
when you want to try again.
You can climb it in your own time
just love yourself 'til then.

"Poem supplied by Christine Zacharda"

PUZZLE

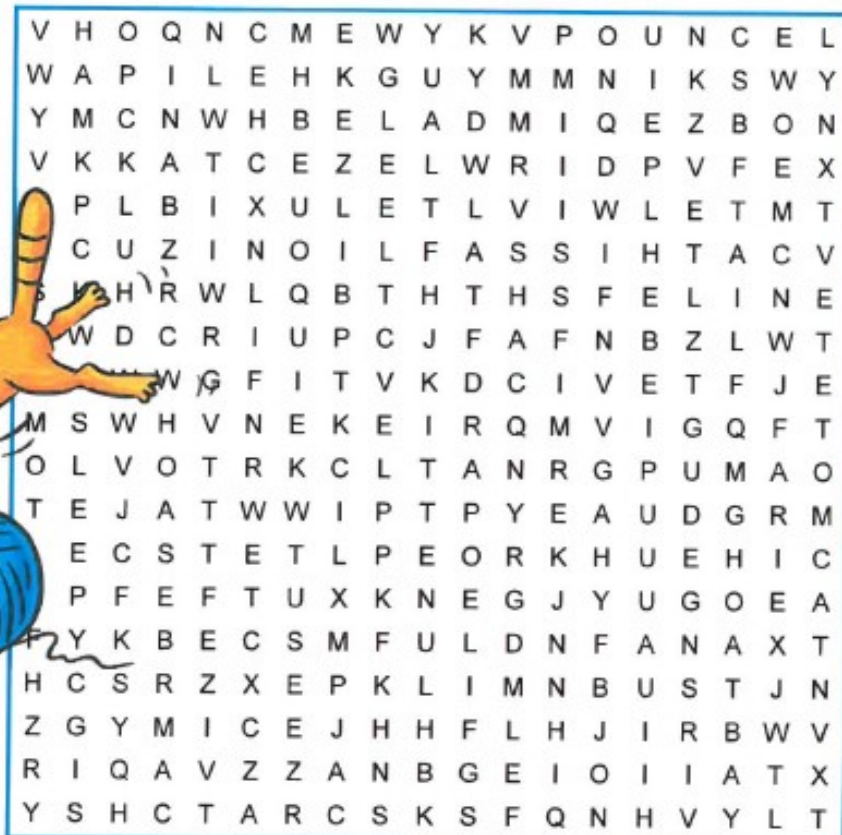
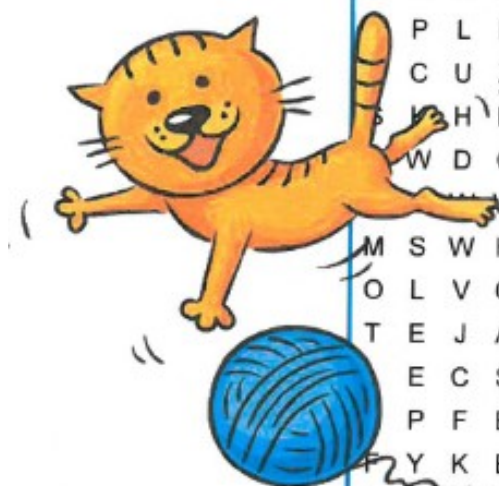
JUNE 2019



I LOVE Cats

Word Search

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



CATNIP
CHEETAH
CIVET
CLAW
FELINE
FUR
HISS
HUNT
JAGUAR
KITTEN

LEOPARD
LICK
LION
LITTER
LYNX
MEOW
MEW
MICE
MILK
PAW

POUNCE
PUMA
PURR
SCRATCH
SLEEP
STRETCH
TAIL
TIGER
TOMCAT
VET

SOLUTION

JUNE 2019



Andrew couldn't decide what flavor of ice cream he wanted most, so he just asked for a nine scoop cone. Unscramble the letters on each scoop to find out what flavors he enjoyed.

1. chocolate

2. vanilla

3. praline

4. cherry

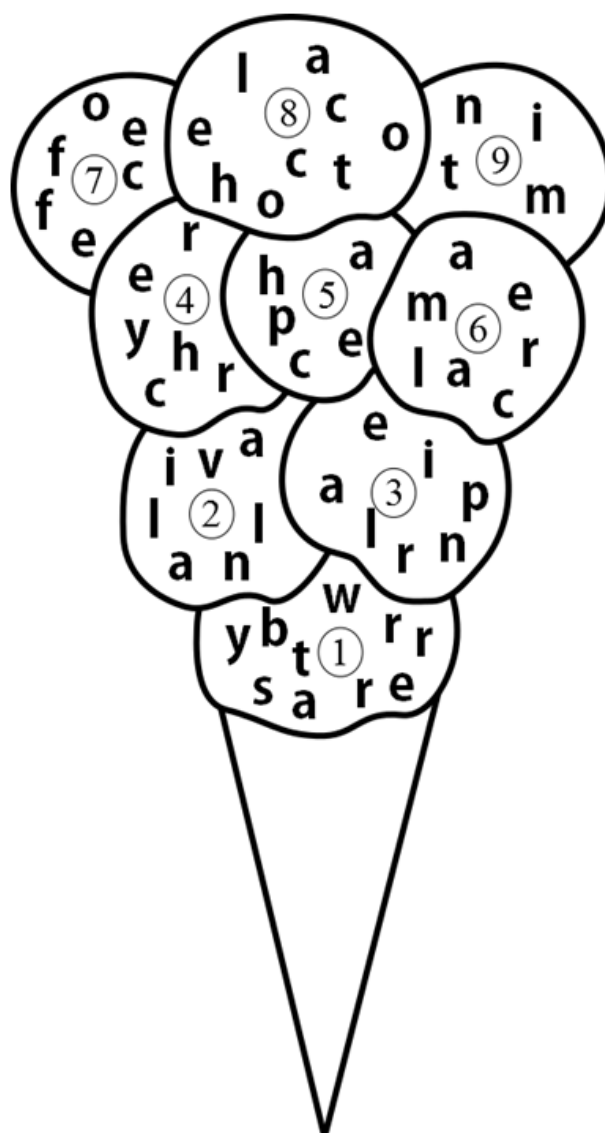
5. peach

6. caramel

7. coffee

8. chocolate

9. mint



Healing Mass at Murroona Gardens

June	July	August	September	October
13	18	8	19	17

DONATION BEQUESTS

JUNE 2019



Please
donate

Bequests

Helping people in need may be an essential part of your life. Through a bequest in your will you can give tangible expression to this, ensuring the benevolent work you have supported through your life can continue to benefit people who need your help.

Being a not for profit organisation, Murroona Gardens relies on government funding for its operation. Bequests and legacies (real and personal property as well as monetary bequests) assist directly to improve the care and facilities for our residents.

Donations are welcome, giving us additional resources to continually improve our facilities and services to residents. There are many ways in which to make a bequest. For more information on wording and options, please discuss with CEO Greg Pollard or your legal advisor.

**WE NEED
YOUR SUPPORT**

Enclosed please find my donation for:

\$5 \$10 \$20 \$50 Other \$

Please make cheques payable to Murroona Gardens.

Name.....

Address.....

Email Address (optional).....

.....Postcode.....Telephone.....

**ALL DONATIONS
OF \$2.00 OR
MORE ARE TAX
DEDUCTIBLE
AND A RECEIPT
WILL BE SENT TO
YOU.**

GENERAL INFORMATION

JUNE 2019



Do you have a
compliment,
suggestion or
complaint?

MURROONA GARDENS (Bowen Old People's Home Society)

**Do you have a concern or complaint?
Or
Even a suggestion or a compliment!**

**Please speak with one of our helpful staff to fill
in the pamphlet we have provided and place in
the box in our foyers.**

**Management of Murroona Gardens will review
your feedback and provide a response if you
have requested one.**

UPDATED MEDICARE/PENSION CARDS

Hostel and Nursing Home residents only
Have you recently received an updated
Medicare/Pension card?

If so, please remember to pass on a
copy of the new card to our Admin
Team.

THERE IS NO EXCUSE FOR ABUSE!

VERBAL AND/OR PHYSICAL ABUSE AGAINST
OUR
STAFF AND/OR RESIDENTS
WILL NOT BE TOLERATED.

ANYONE DISPLAYING SUCH BEHAVIOUR WILL
BE ASKED TO LEAVE
IMMEDIATELY!

Please note the following as the best
After Hours contacts for Murroona
Garden's residents:

Hostel residents—call 4791 3345

Nursing Home—call 4791 3340

The Registered Nurse on shift will be
able to help you with your query or will be
able to take a portable phone to our
resident.

ROTARY VILLAGE REPAIRS

Office hours are

Mon – Fri 9.00 am to 4.00 pm

During office hours please phone
4791 3340

for all repairs and maintenance,
enquiries and emergencies.

Outside of these hours, please phone
4791 3361 for emergencies
repairs **ONLY**.

*If you would prefer to have your monthly Broadcaster sent to you by email,
please provide your details by emailing pa@murroona.com.au and we will add
you to our emailing list.*