

MURROONA GARDENS BROADCASTER

MAY 2019



DESK OF THE DON

This week at Murroona Gardens we are celebrating International Nurses Week which is celebrated annually 6th- 12th May. Since the time of our founder — Florence Nightingale — the art and science of nursing has been defined in different ways, and for us all it has different significance. One of my favourite sayings about nursing is 'our ordinary is actually extraordinary' and every day we come to work is different. We provide an amazing service to the community, whether in hospitals, residential care or in the community.

Being a nurse is not something we turn off completely at any time- it doesn't stop at the end of our shift like many other professions. We are there to help at a moment's notice because we care. The Murroona Gardens Community is very fortunate to have a team of nurses who do care and who work very hard to ensure every day is the best it can be for our residents and care recipients.

We are planning a morning tea on Monday 13th for all clinical staff - to acknowledge the hard work and dedication of our wonderful nursing team.

Happy International



Nurses Day

The Royal Commission into Aged Care Quality and Safety currently underway has generated a significant amount of negative press for many Aged Care Communities. Sadly, whilst there has been acknowledgement of good news stories and excellent work being done in the industry, very few positives have been highlighted in the media. Australians expect a safe, high quality, high performing aged care system and older Australians deserve nothing less.

I really believe we need to reaffirm the value of this most important work and the genuine contributions of aged care workers in supporting the quality of life of older people. Aged care workers and those thinking of this important and meaningful work deserve positive acknowledgement and reinforcement. As we are all aware (ad-nauseam) the federal election is looming and thus far there has been little proposed by the Government or other parties that reflects the critical needs in the aged care service system.

DESK OF THE DON cont..

MAY 2019



One of the key issues is resolution of the Home Care Package wait times and individuals with increasing care needs should not wait more than three months for their package of care to be allocated or increased. We know that for many of our potential residents or clients wanting to access services, the maze that is My Aged Care seems an insurmountable hurdle before accessing services. We are fortunate to have an experienced and caring Home Care Manager in Helen Woodhouse here at Murroona Gardens. Helen is happy to help with information and advice for those community members trying to access services in Home Care.

Murroona Gardens continues to be a proud provider of high-quality aged care services, both residential care and in the community. We are heartened by the many letters of thanks that we receive, and we welcome all feedback.

Because it's Nurses Week, I'd like to share with you a selection of the feedback our staff have recently received....

"Thank you for your professional, yet genuine attitude and your beautiful soft heart—it did not go unnoticed by us"

"Of all of the nurses at the Hostel...Mum often says how they are all like family"

"I find JOY every time I come to Murroona"

"We are humbled by the care and compassion shown to us by all of you at Murroona Gardens"

"I have the greatest respect for all of the staff at Murroona. The staff are cheerful. I would say first class"

MURROONA GARDENS HOME CARE

MAY 2019



YOUR HOME, YOUR CARE, YOUR CHOICE...

My Aged Care is the entry point for older Australians to access aged care. Health professionals play a key role in supporting someone to access these services. If you believe someone you know may need aged care services you can make a referral or request assistance.

How to make a referral to My Aged Care

There are three ways to refer someone to My Aged Care. You will need the person's consent before providing information on their behalf.

Online Use the [Make a referral form](#) on the My Aged Care website

Phone Call the My Aged Care contact centre on 1800 200 422

Fax Hospital staff will use the [My Aged Care Hospital Referral Form - Fax](#).

A health professional based in the community, will use the [My Aged Care Community Health Professional and GP Referral form – Fax](#).

My Aged Care 'Appointment of a Representative'

If you want to [become a representative](#) or want a family member, carer or other support person to be [your representative](#), call the My Aged Care contact centre on 1800 200 422 or complete the '[Appointment of a Representative](#)' form.

After completing and signing the form, send it with any legal documents required, to My Aged Care by:

Mail to My Aged Care, PO Box 210, Balwyn, Victoria, 3103 or Fax (1800 728 174)



Murroona Gardens Community Home Care Manager can assist you in the above process, call Administration on 47913340 or email admin@murroona.com.au

Once a representative has been put in place, the representative can call My Aged Care on 1800 200 422 to talk about aged care assessments and services for the older person.



**In APRIL we
welcomed new
residents:**

- * Bill Williams
- * Olive Meehan (respite)



*With thoughts and prayers,
we farewell our good friends
Ernie Lote, Bob Norman &
Barb Jameson*



MAY Birthdays

- * Jenny Kunze
- * Christa Fler
- * Neil McBrien
- * Myrtle Blakeney
- * Bruce Eichner
- * Joyce Ericksen



Happy Birthday
wishes from
Murroona Gardens
Management and staff.

ACTIVITIES FOR MAY

MAY 2019



MAY

ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 MINNIE VINNIES 10:00 2.00 Cooking 2.00 Men Cards	2 10.00 BUS N/H 2:00 Happy Hour Sing a long Hostel Ken & Karin	3 Communion 10.30 2:00 Hoi Lions Music Therapy
6 PUBLIC HOILDAY LABOR DAY	7 10.30 UNITING CHURCH 2.00 Movie	8 MINNIE VINNIES 9.00 Voting- Wattle 2.00 Art / Men's Cards	9 10.00 BUS N/H Jochheim Pie 2:00 Bocce - Hostel 2.00 Sweet Trolley	10 MOTHER'S DAY ENTERTAINMENT WITH BLUETONES Frangipani 2:00 Hoi
13 10.00 Hostel 2:00 5c Bingo 	14 10.30 BAPTIST CHURCH 2:00 Movie	15 MINNIE VINNIES 10:30 Resident MEETING Hostel 2:00 Cooking 2.00 Men Cards Hos	16 10:00 Anglican Ladies Frangipani 2:00 Bocce - Hostel 2.00 Sweet Trolley	17 9.30 Communion 9.30 - Tai Chi 10.30 2:00 Hoi Lions Music Therapy
20 10.00 Jochheim Pie Hostel 2-00 5c Bingo	21 10.00 Pop up shop Easy wear Clothing Frangipani Wing 2.00 Movie	22 MINNIE VINNIES 10.00 Hot Pancakes with High School students 2:00 2.00 Men Cards Hos	23 10:00 Bus N/H 2:00 Bocce - Hostel 2.00 Sweet Trolley	24 9.30 Communion 10.30 BSBS - Annie 6.00 pm Country Night Entertainment
27 10.00 Shopping 2-00 5c Bingo	28 10:30 Choir 2.00 Movie	29 MINNIE VINNIES Residents 90+ High Tea 2:00 Cooking 2.00 Men Cards	30 10:00 Bus N/H 2:00 Bocce - Hostel 2.00 Sweet Trolley	31 10:00 LORRAINE MALTBY Sing a long 2:00 Hoi Lions Music Therapy



13th - 19th May 2019
www.diversionaltherapy.org.au

Friday 24th 6.00pm -Country/ Rock in Roll Night with Rickie Ahmat, Robert Lowcock, B.U.G.S, Dawn Power de Smit and TRADIES.

EXERCISES-
Monday to Friday
9.30 am

EASTER

MAY 2019



What a treat this Easter. We had many special guest appearances who came with deliveries of Easter goodies for all of our residents to enjoy. Woolworths Bowen came handing out delicious hot cross buns, and our Easter Bunny Jan Watson and the sweetest little bunny Kaylee Symonds bounced in and handed chocolates throughout the facility. A few Easter chickens clucked their way around for morning tea.



Jan Power, Jan Watson, Anita Borgas & Anita Muller—a few cool chicks, spreading some Easter cheer.



Ray Watts & Jim Turner receive a surprise visit from the cutest little Easter bunny Kaylee Symonds.



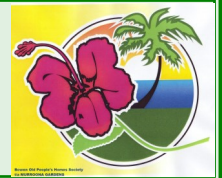
Bill Williams, AIN Anita Muller, DT Jan Power and Arthur Anderson enjoy an Easter morning tea.



Our favourite Fresh Food People, Vicky Gonzalez & Maree Schubert from Bowen Woolworths donating hot cross buns for our Easter morning tea.

EASTER

MAY 2019



Kaylee Symonds & Jean Armour enjoying an Easter treat.



AIN Anita Muller & Lois Allen proudly wearing their Easter bonnets.



Lil Moore shares a special Easter snuggle.



The Easter bunny delivers some eggs to Dot Halsey.



Gerry Stroud indulges his sweet tooth.



John Grandy saves a few chocolates for later.

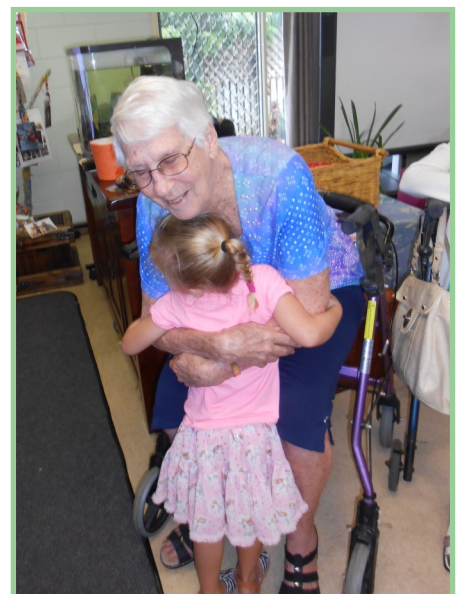
QBSS EASTER BONNET PARADE & KATB BOOK WEEK

MAY 2019



Queens Beach State School invited us to participate in their annual Easter Bonnet Parade. The hats were bright and wonderful, just like the children at QBSS.

Kidz at the Beach invited us to attend their International Book Week—the adorable children shared some stories and some hugs with our residents.



ANZAC DAY

MAY 2019



ANZAC DAY · 25 APRIL

Lest We Forget

**They shall grow not old, as we that are left grow old;
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning,
We will remember them.**



Arthur Anderson, Jan Waston (dressed as war time nurse) and Lil Moore pay their respects.



Decorated with medals, John Howard and Jan Watson lay a wreath.



Don Wright lays a wreath in memory of all the fallen soldiers.



DAY THERAPY ACTIVITIES

MAY 2019



WHAT'S ON

Date	Morning	Afternoon
Wednesday 1 st May	Walking Group	**Please note that the activities may be subject to change.
Thursday 2 nd May	Exercises/TBA	
Friday 3 rd May	Exercises/TBA	
Monday 6 th May	LABOUR DAY	PUBLIC HOLIDAY
Tuesday 7 th May	Exercises/Hoy	Candle making demo with Tara
Wednesday 8 th May	Voting	Cadbury's Memory
Thursday 9 th May	Exercises/Floral Bingo	Sevens
Friday 10 th May	Mother's Day Concert with Ken & Karen	Table Games
Monday 13 th May	Neighbourhood Centre Biggest M/Tea	Canasta
Tuesday 14 th May	Friendship Club	Bingo
Wednesday 15 th May	CWA Hoy	Rummy-o
Thursday 16 th May	Healing Mass	Sing-a-long with Tara
Friday 17 th May	Exercises/TBA	Bus Drive
Monday 20 th May	Exercises/Koala keno	Skip-Bo
Tuesday 21 st May	Clothing pop up shop in N/home	Scattergories
Wednesday 22 nd May	Walking Group	
Thursday 23 rd May	Exercises/Musical Bingo	
Friday 24 th May	BSHS Musical "Annie"	Table Games
Monday 27 th May	Gospel Singing	Cards
Tuesday 28 th May	Exercises/Bingo	Table Games
Wednesday 29 th	Manasa Yoga	Scrabble
Thursday 30 th May	Exercises/10 Pin Bowling	Rummy-O
Friday 31 st May	DTC Biggest M/Tea	Canasta

DAY THERAPY ACTIVITIES

MAY 2019



We apologise to our readers that at the time of print, information in relation to the Day Therapy Centre was unavailable due to unforeseen circumstances. We promise to make it up in the next edition. To keep up to date with the news and excitement in the Day Therapy Centre you can follow us on the "Murroona Gardens Facebook page" where photos are uploaded regularly.



sorry.

Murroona Gardens presents

**\$5
ENTRY
FEE**



**& Rock and Roll Fundraiser Night
6.00pm**

Friday 24 May 2019

**At under the Men's Shed at
Murroona Gardens, Geoff Ingham
Drive off Argyle Park Road, Bowen**

**\$2.50
Sausage
on bread
\$2.00
Softdrink**

FEATURING

**TRADIES | BUGS |
RICHIE AHMAT |
ROBBIE LOWCOCK |
DAWN POWER DE
SMIT**



All proceeds raised will go towards purchasing a Virtual Forest.

EXPRESSIONS OF THANKS

MAY 2019



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

*Thank you to those who made a difference
for April 2019*

Kandice Williams

Fay Titmarsh

Jamie & Melita Jurgens

Woolworths Bowen



Thank you to Margaret Wyngaard for the donation of knitted knee rugs. Irene Butterworth keeps nice and warm.

Thank you to the Bowen Tai Chi ladies who help keep our residents fit—body and mind.

Thank you Jamie and Melita Jurgens for the donation of the massive candy Easter egg held by Merv Maltby and shared amongst our facility over Easter.





Duck Breast with Soba Noodles & Mango



Ingredients

- ♦ 4 x 180g duck breast fillets, skin scored. Scoring the skin helps to render the fat.
- ♦ 2 tablespoons hoisin sauce
- ♦ 270g packet soba noodles
- ♦ 1/3 cup (80ml) soy sauce
- ♦ 1 tablespoon sesame oil
- ♦ 1 tablespoon brown sugar
- ♦ Juice of 1 lime
- ♦ 1 mango, sliced
- ♦ 2 cups watercress sprigs

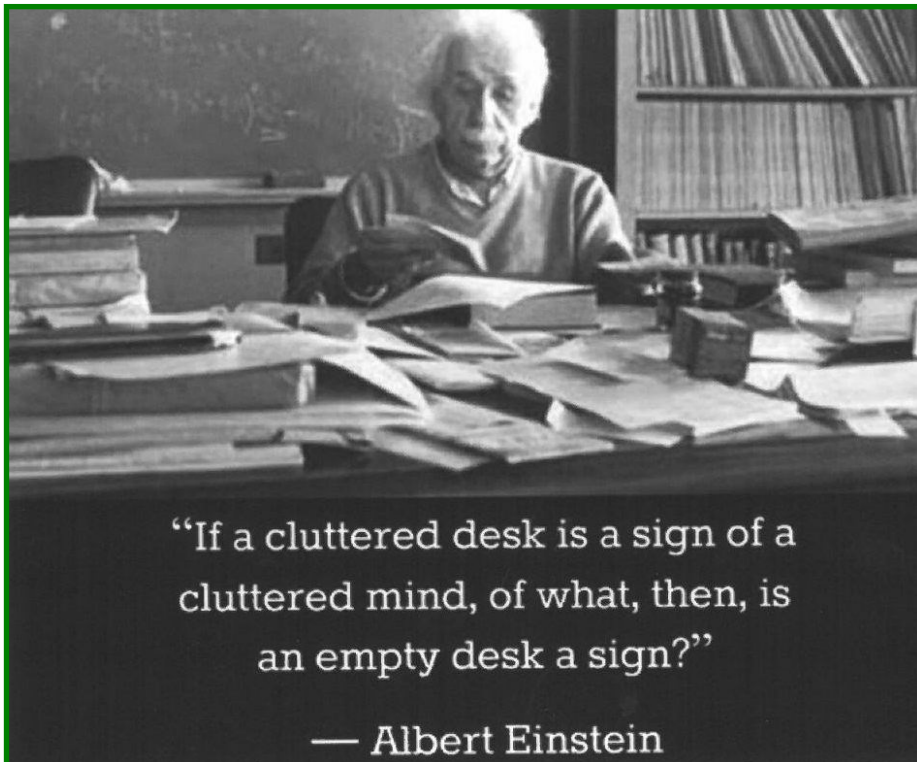
Method

1. Preheat oven to 180°C.
2. Season the duck, then place, skin-side down, in a non-stick ovenproof frypan over low heat. Cook for 5-6 minutes until most of the fat has rendered and the skin is crisp. Turn, then brush skin with hoisin sauce. Transfer to the oven and bake for 6 minutes or just until cooked but still pink in the centre. Rest, loosely covered with foil, for 5 minutes.
3. Meanwhile, cook noodles according to packet instructions, then drain. Whisk soy, oil, sugar and lime juice together to make a dressing, then toss half with the noodles.
4. Thinly slice duck and serve with the mango, watercress and noodles. Drizzle with the remaining dressing.



The very first Ride-On Mower

"Picture supplied by Marion Tuttle"



"If a cluttered desk is a sign of a
cluttered mind, of what, then, is
an empty desk a sign?"

— Albert Einstein

"Picture supplied by Eric Neale"

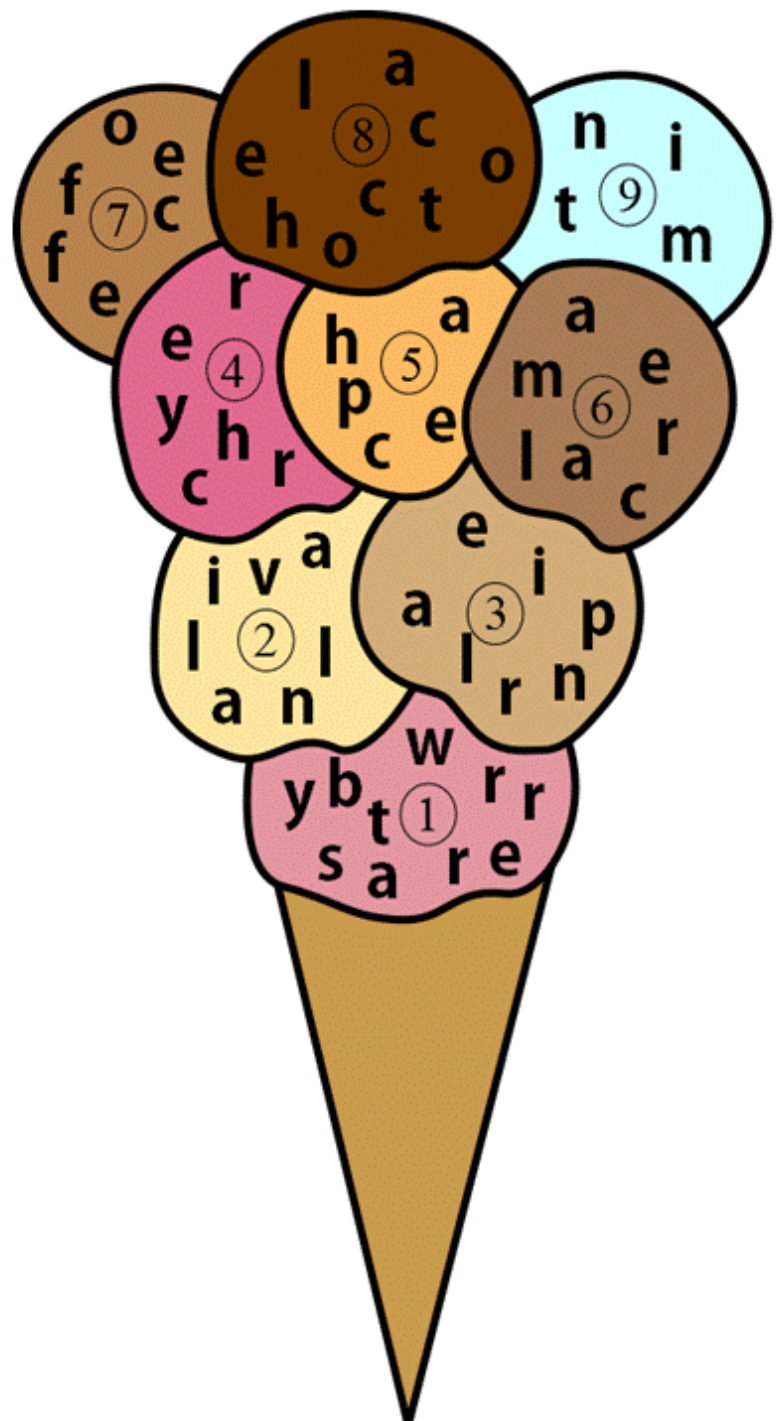
PUZZLE

MAY 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. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____



SOLUTION

MAY 2019



Easter Crossword

SOLUTION



2019 Healing Masses at Murroona Gardens

January	February	March	April	May
No mass	21	14	11	16

DONATION BEQUESTS

MAY 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).....

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

GENERAL INFORMATION

MAY 2019



MURROONA GARDENS (Bowen Old People's Home Society)

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

Do you have a
compliment,
suggestion or
complaint?

**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

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

*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.*