

# MURROONA GARDENS BROADCASTER

OCT 2019



Our Annual General meeting will be held on **Wednesday 23rd October** commencing at 7-30pm. Due to stage three building works, the venue for the AGM has changed to the Baptist Church Hall situated at 91-95 Argyle Park Road. A light supper will be held at the conclusion of the AGM. A reminder that the annual financial membership fee of \$2-20 is now due and can be paid at the Administration office.

Stage three building works are well underway with the Day Therapy staff relocating to the Baptist Church hall and the Administration team relocating to the Hostel. During the building works, access to the work areas will be restricted with signs and sealed barricades being used to delineate the work areas. Specialist asbestos removal firm Aztech Services are trained and experienced asbestos removal professionals. They have almost completed asbestos removal in Wattle wing and will shortly commence working in the Day Therapy Centre and the Administration office. All work will be completed in terms of the asbestos removal control plan and independently checked by a Licensed Asbestos Assessor. Aztech Services are well known to us as they successfully completed stage one works in Banksia wing in early 2017.

Stage 3 Project Manager Paul Goldsack (left) and Site Manager Ben Dreger are responsible for delivering the stage 3 building works.



I would like to take this opportunity to congratulate and thank our loyal and dedicated hairdresser Christine Hicks for her 30 years of service to the residents of Murroona Gardens. Christine first started cutting residents hair in the Hostel in 1989 and has been moved numerous times to different rooms and areas of the facility. She now has her own purpose-built "pampering room" where she can continue to ply her trade. Residents are invited to a morning tea to celebrate this wonderful achievement at 10-00am on Thursday 10th October in Orchid and Frangipani dining room.



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



# MURROONA GARDENS HOME CARE

OCT 2019



## YOUR HOME, YOUR CARE, YOUR CHOICE...

### Home Care Packages (HCP) with Helen Woodhouse

Home Care Packages (HCP) are one of the ways that older Australians can access affordable care services to get some help at home. They are designed for those with more complex care needs that go beyond what the Commonwealth Home Support Programme (old HACC) can provide.

#### Services that keep YOU well and independent

Personal Care, Nursing, Allied Health & Therapy Services, specialised support, meal preparation & diet

#### Services that keep YOU safe in your home

Domestic assistance, home maintenance, home modifications, goods, equipment and assistive technology

#### Services that allow YOU to interact with the community

Transport and social support

### How does it work?

#### Assessed by ACAT for approval Assigned a Home Care Package

You choose a service provider that is right for you. The government then pays your provider a subsidy to arrange a package of care services to meet your needs.

As everyone's care needs are different, there are four levels of Home Care Packages with different funding amounts. These packages cover basic support needs through to high care needs.

The package level assigned to you is based on your needs.



**Want to know more contact Home Care Manager Helen Woodhouse @ Murroona Gardens Contact: Administration (07) 4791 3340**



# WELCOME

**In SEPTEMBER we welcomed new residents:**

- \* Maurie Mayhew
- \* Mavis Howard



*With thoughts and prayers,  
we farewell our good friends  
Neil McBrien, Christa Flear &  
Bill Hansen*

# Happy Birthday

## OCTOBER Birthdays

- \* Gloria Stapleton
- \* Col Landford
- \* Lil Moore
- \* Jean Walsh
- \* Peg Williams
- \* Hazel Jensen
- \* John Grandy



## Happy Birthday

wishes from  
Murroona Gardens  
Management and staff.



# ACTIVITIES FOR OCTOBER

OCT 2019



## October

## CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1 10.30 UNITING CHURCH</b> 	<b>2 10.00</b>  2:00 Cooking	<b>3 10:00 Bus Trip (NH)</b>  <b>2.00 Bocce Jac</b> <b>2.00 Sweet Trolley</b>	<b>4 Communion</b> <b>10.00 High Tea</b> <b>Queens Birthday</b>  2:00 Hoi
<b>7 Public Holiday</b> 	<b>8 10.30 BAPTIST CHURCH N/H</b>  2.00 Movie	<b>9 10:00 F'Ship Grp</b>  2.00 Art Shed	<b>10 10.00</b> <b>Oktoberfest</b> <b>Bluetones</b>  <b>11.40 Residents Meeting</b> <b>Frangipani</b>	<b>11 Communion</b> <b>9.30 Tai Chi</b>  <b>10.30 BINGO</b> 2:00 Hoi: called by Chris & Jan W
<b>14 10.00 Shopping</b>  <b>Hostel</b> 2.00 5c Bingo	<b>15 10.30 UNITING CHURCH</b>  2.00 Movie	<b>16 10.00</b>  2.00 Cooking	<b>17</b>  <b>N/Home</b> <b>2.00 Bocce Hostel</b> <b>2.00 Sweet Trolley</b>	<b>18 Communion</b> <b>10.30</b>  2:00 Hoi called by Chris & Jan W
<b>21 10.00 Beach Picnic</b>  <b>Hostel</b>  2. 00 5c Bingo	<b>22</b> <b>10.30 Karaoke sing-a-long</b>  2.00 Movie	<b>23 MINNIE VINNIES</b> 10.00  2.00 Art Shed	<b>24 10:00 Jochheims Pie shop</b>  <b>2.00 Bocce Hostel</b> <b>2.00 Sweet Trolley</b>	<b>25 Communion</b>  <b>10.00 LORRAINE MALTBY Sing a long N/H</b> 2:00 Hoi called by Chris & Jan W
<b>28 10.00 Jochheims Pie</b>  <b>Hostel</b> 2.00 5c Bingo	<b>29 10.30 Choir</b>  2.00 Movie	<b>30 10.00 Hostel</b>  2:00 Cooking	<b>31 10.00 Bus Trip</b>  <b>2.00 Happy Hour</b> Sing - a - long	<b>EXERCISES EVERY DAY BETWEEN 9.00 TO 9.30 AM</b>  <b>Library Pick up</b> <b>2<sup>nd</sup> Monday</b>

# AND THE ANGELS SANG

OCT 2019



A huge roll up attended the Anglican Ladies performance to enjoy the beautiful singing. (Left) Edi Merrypor with staff and Fay Brunker appreciate the choir. (Below) Gwenda Chauntler of the Hostel is part of the choir while Ann Wills accompanies on the piano.



# TAKE ME TO THE BEACH

As the weather warms up, we like nothing more than to hit Bowen's beautiful beaches for a picnic.





# FATHER'S DAY—BLUETONES

OCT 2019



Father's Day at an Aged Care facility often means generations of family unite to celebrate; great grandfathers, fathers, with their sons and daughters and even great grandchildren. As such, a Father's Day gathering is as much a celebration for adults as the young – and young at heart.



Christine & Tom Wilson



Arthur Anderson



John Cregan



Shorty Jansson



Gerry Stroud (left) & Alma Abbott & her daughter share special memories on Father's Day (right).





# HAPPY DAYS, HAPPY HOUR

OCT 2019



(Left) Gwenda Chauntler and Pam Norton (right) enjoy some finger food and a refreshing beverage at Happy Hour!



We all know the great feeling when we've just spent an hour with a good friend. For a short while, we've forgotten our troubles, we feel more upbeat and have that lovely warm fuzzy feeling of well-being – all from connecting with someone that we feel comfortable with and can relate to. Life looks a little different, fresher and happier. This is why it is so important to keep socialising, even in our later years.



It is Happy Hour every hour at Murroona Gardens says Lesley Brady (left) & Gloria Stapleton (right)







Music therapy works by using sounds to awaken the parts of the brain that are not impacted by dementia.

The music evokes responses, such as singing or humming, movement and brief moments of reconnection with loved ones.



Lorna Winn



Lorraine Richards



Lil Lorroway



Beryl Butterworth



Mary Harley



# DAY THERAPY ACTIVITIES

OCT 2019



## WHAT'S ON

Date	Morning	Afternoon
Tuesday 1 <sup>st</sup>	Exercises/Bingo	Table Games
Wednesday 2 <sup>nd</sup>	Walking Group	Staff training
Thursday 3 <sup>rd</sup>	World Rainbow Day Painting rainbow Happy Rocks	
Friday 4 <sup>th</sup>	Exercises/Boccia	Bus Drive
Monday 7 <sup>th</sup>	Public Holiday	
Tuesday 8 <sup>th</sup>	Friendship Club	Rummy-O
Wednesday 9 <sup>th</sup>	CWA Hoy	Scrabble
Thursday 10 <sup>th</sup>	Exercises/Floral Bingo	Kings in the Corner
Friday 11 <sup>th</sup>	Exercises/Koala Keno	Bus Drive
Monday 14 <sup>th</sup>	Exercises/5c Bingo	Canasta
Tuesday 15 <sup>th</sup>	Exercises/Mexican Train	Skip-Bo
Wednesday 16 <sup>th</sup>	Morning Melodies	
Thursday 17 <sup>th</sup>	Exercises/Hoy	5 Crowns
Friday 18 <sup>th</sup>	Exercises/10 Pin Bowling	Koala Keno
Monday 21 <sup>st</sup>	Exercises/Pedicures	Bingo
Tuesday 22 <sup>nd</sup>	Exercises/Finska	Table Games
Wednesday 23 <sup>rd</sup>	Walking Group	Staff training
Thursday 24 <sup>th</sup>	Exercises/Farm Bingo	Sevens
Friday 25 <sup>th</sup>	Exercises/Yummy-O	Bus Drive
Monday 28 <sup>th</sup>	Gospel Singing	Skip-Bo
Tuesday 29 <sup>th</sup>	Exercises/	Lunch @ Jochheims
Wednesday 30 <sup>th</sup>	Walking Group	Scrabble
Thursday 31 <sup>st</sup>	Exercises/Blue Book sing-a -long	5 Crowns

# DAY THERAPY ACTIVITIES

OCT 2019



**WE HAVE  
MOVED**

Day Therapy are now operating from the Baptist Church, 91-95 Argyle Park Road, Bowen. All newcomers are welcome. Please call admin on (07) 4791 3340 to discuss your interest.



Popular visiting entertainers, Ken & Karen Whiting gave a farewell performance before preparing to return south to Port Stephens. We were joined by Girudala and had a great morning of singing and dancing. We wish Ken & Karen a safe journey home and look forward to their return in 2020.



Cunningham Villas extended an invitation for us to join them for morning tea and some entertainment by the BUGS.



# EXPRESSIONS OF THANKS

OCT 2019



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

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

Colleen Cheffins	Bowen PCYC
Maria Jones	The late Christa Fleer
Mary Harley	Thank you!!!



The following departments have been relocated due to the Stage 3 building works and can now be found at the

## HOSTEL:

- ⇒ Administration
- ⇒ Chief Executive Officer
- ⇒ Director of Nursing
- ⇒ Home Care Manager

**NOTE:** There will be no EFTPOS facilities available in the temporary admin.



## Bible Fun—Jokes supplied by Ellen Holman

<p>Q: Who was the faster runner in the Bible?</p> <p>A: Adam—because he was the first in the human race.</p>	<p>Q: What did Adam say on December the 24th?</p> <p>A: It's Christmas, Eve!</p>
<p>Q: What kind of car did the disciples drive?</p> <p>A: A Honda.....because the Bible says they were all in one Accord.</p>	<p>Q: Who was the greatest financier in the Bible?</p> <p>A: Noah—he was floating his stock while everyone was in liquidation.</p>
<p>Q: Who was known as a mathematician in the Bible?</p> <p>A: Moses—he wrote the book of Numbers.</p>	<p>Q: When is the first tennis match mentioned in the Bible?</p> <p>A: When Joseph served in Pharaoh's Court.</p>
<p>Q: Why didn't they play cards on the Ark?</p> <p>A: Because Noah was standing on the deck.</p>	<p>Q: Who was the greatest comedian in the Bible?</p> <p>A: Samson—he brought the house down.</p>
<p>Q: How long did Cain hate his brother?</p> <p>A: As long as he was Abel.</p>	<p>Q: How did Noah see inside the Ark?</p> <p>A: He used floodlights.</p>
<p>Q: What was Boaz like before he got married?</p> <p>A: Ruth-less.</p>	<p>Q: Why was everyone so poor in Bible times?</p> <p>A: Because there was only one Job!</p>



If you have a good joke you would like to share drop it into Admin with your name. Alternatively, you could email it to [admin@murroona.com.au](mailto:admin@murroona.com.au) . 12



# PUZZLES

OCT 2019



## Vegetables Crossword

DIRECTIONS: Fill in the crossword puzzle grid with the name of each vegetable following the numbers and direction indicated. Use the word bank if you get stuck.

16

15

14

13

12

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16→

15→

14↓

13→

12↓

11↓

10→

9→

8↓

7→

6↓

5→

4↓

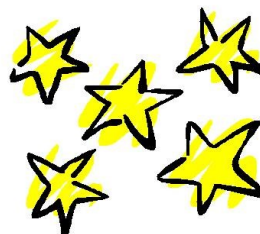
3→

2→

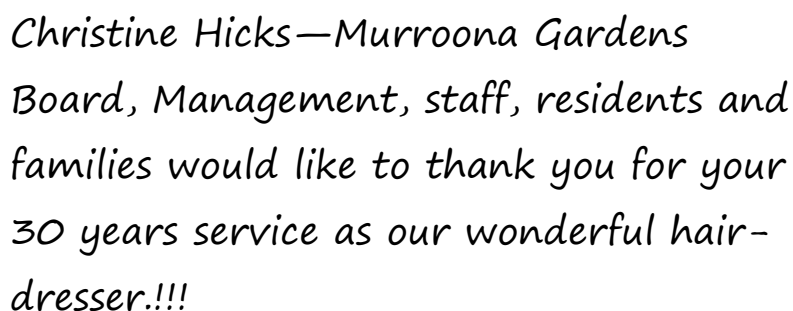
1↓

ARTICHOKE  
BEET  
BELL PEPPER  
BROCCOLI  
BRUSSEL  
SPROUT  
CABBAGE  
CARROT  
CORN

CUCUMBER  
EGGPLANT  
GARLIC  
MUSHROOM  
ONION  
PEAS  
POTATO  
PUMPKIN  
RADISH



30 years!





# DONATION BEQUESTS

OCT 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

OCT 2019



## 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.**

**Location of our secure boxes are:**

**Jacaranda—inside the entrance doors**

**Banksia—In the foyer**

**Hostel—outside the Nurses station**

**Orchid/Frang — inside the entrance doors**

### 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](mailto:pa@murroona.com.au) and we will add  
you to our emailing list.*