MURROONA GARDENS BROADCASTER –From the desk of the Don

April/ May 2022



Here at Murroona Gardens Care Community we have always been proud of our reputation for delivering quality aged care services to residents who choose to live in our community and clients who choose to access our services. While we acknowledge the 'quality of care' we deliver is important, we recognise it does not always equate to quality of life for our residents and clients. The measure of 'quality of life' looks at indicators connected to psychological wellbeing, social relationships, independence, privacy and dignity.

Are our clients and residents content? Do they feel valued? Are they engaged? To ensure that the answer to these questions is consistently yes, we seek feedback at resident/client forums, and we conduct surveys at regular intervals. Our compliment and complaint processes feed into our continuous quality improvement planning. We continually look for ways to improve the 'resident and client experience.'

We know that activity-based experiences and social engagement promotes mental and physical health and wellbeing for our residents and clients. We encourage each resident to engage and have fun and make the most of each day with many activities on offer to suit a variety of interests. We assist our Home Care clients to maintain their social connections. We know that getting out and spending time with other people isn't just good for the soul – it's also an important part of staying well as you age. But sometimes it can be hard to know where to start.

Murroona Gardens Social Support Group helps clients connect with people at the same stage of life through enjoyable activities and experiences. It's a great opportunity to make friends or maintain social networks while enjoying group activities, learning a new skill or getting some exercise.





Left: Director of Nursing Megan Murray Right: CEO Ross Meier



FROM THE DESK OF THE DON

April/ May 2022



Our Leisure & Lifestyle Teams work hard to create a diverse range of experiences that can help to enhance the wellbeing of our residents. Every resident in our community is an individual with their own preferences, skills, and physical capabilities, so the activities that form our leisure and lifestyle program are diverse, aiming to meet their needs. By far the biggest challenge for our Leisure and Lifestyle Team is catering to the individual needs and skills of each resident.

Some of our fun activities include – weekly bus outings, card games, Bingo, walking groups, arts & crafts. Pre-covid our residents enjoyed shopping trips and visits to coffee shops, hopefully these events will resume soon. We celebrate calendar events like Australia Day, Valentine's Day, Anzac Day, Mother's & Father's Day and Melbourne Cup. We love a good "Happy Hour" and the opportunity for drinks, nibbles and a chat with friends is always welcome.

This year we've looked for some new initiatives to enhance the quality-of-life experience for our care community. "Suzie's Kitchen- Cooked with love- shared with joy" is a new lifestyle program based in our Café. We know it's important to ensure our residents are engaged in activities other than their daily routine. Activities such as word games, bingo, excursions and listening to music are great for the mind and soul. From experience, a topic many residents enjoy speaking about is food. Not necessarily the food provided in care, rather what they used to eat or cook when they were younger. Many residents deeply miss cooking and baking. Therefore, a much-loved activity is our Soup Circle with residents participating in cutting up vegetables for the soup pot. There's always much laughter and chatter with a bowl of healthy soup and crusty bread as an end result.

Here at Murroona Gardens Care Community we place our resident/client needs and preferences at the core, building a culture of quality, and being transparent about continual improvement in our community. Our mission is always to "make each day the best it can be" for each and every resident.



LOCAL NEWS

April/ May 2022



April Birthdays

- Olive Meehan
- GwendaChauntler
- · Thomas Wilson
- Irene Millier
- BruceChauntler
- Robert Trenow
- · Barry Nichols

May Birthdays

- JeanetteKunze
- Patricia Wright
- Myrtle Blakeney
- Catherine Doherty

Happy Birthday!

from Murroona Gardens Management and Staff



- Leonie Smith
- Nola Chisholm
- June Cross
- ♦ Eileen Wilson
- ♦ Les Irwin
- Veronica Verrills
- June Gay
- Naomi Payne







With thoughts and prayers, we farewell our dear friends:

- Fredrick Brady
- Desmond Taylor
- Sheila Newman
- Noel Yasso
- Arthur Baird
- ♦ Albert (Les) Corbett
- Stanley Mathieson

April/ May 2022



June 2022 Social Support Group Activity Calendar

Date	Morning	Afternoon		
Wednesday 1 st	Walking Group	Boccia		
Thursday 2 nd	Italian National Day	Art		
Friday 3 rd	Koala Keno	Finska		
Monday 6 th	Queensland Day	Aussie Bingo		
Tuesday 7 th	Hoy	Crossword		
Wednesday 8 th	Manasa Yoga	Bus Drive		
Thursday 9 th	Craft	Rummy-0		
Friday 10 th	Finska	Sing-a-long		
Monday 13 th	Воссіа	Ocean Bingo		
Tuesday 14 th	Friendship Club	Koala Keno		
Wednesday 15 th	Manasa Yoga	Bus Drive		
Thursday 16 th	Henry Lawson Day	Art		
Friday 17 th	Murroona Show Day	Table Games		
Monday 20 th	Gospel Singing	Kings in the Corner		
Tuesday 21 st	5c Bingo	Mexican Train		
Wednesday 22 nd	Walking Group			
Thursday 23 rd	Hoy	Quiz		
Friday 24 th	Воссіа	Floral Bingo		
Monday 27 th	10 Pin Bowling	Rummy-0		
Tuesday 28 th	Blue Book Sing-a-long			
Wednesday 29 th	Manasa Yoga	Bus Drive		
Thursday 30 th	Coffee & cake in the Cafe	Skip-Bo		

April/ May 2022

Social Support Group

many activities to celebrate the Easter

holidays including Easter Trivia and

guessing how many eggs were in the jar.

They also enjoyed hot cross buns for

morning tea and ice cream and jelly



enjoyed



Easter





Hot cross buns for morning tea



Shelley Tait ready to serve jelly eggs and ice









Margaret Sallway was our Easter quiz champion



Faye Bilston tries to guess how many eggs are in the jar

Ten Pin Bowling







Ten Pin Bowling is always a fun way of getting some exercise

April/ May 2022



Grocery Grab



The trolley loaded up with items for the always popular grocery grab.



Narelle helps tape down Mary Ronkainen's tickets



Beryl Adcock takes a closer look before determining what grocery item she will select.



Helen Rains selected some pumpkin when her number was drawn.



Margaret Vincent chose a paw paw



Mary Ronkainen selected some dishwashing detergent

Florence Nightingale Day



Jan Watson arrived dressed in wartime nurses uniform to sing some songs from that era.



Elaine Campbell and Faye Bilston cut the cake to celebrate Florence Nightingale's Birthday and International Nurses Day





We put our brains to the test with a quiz about Florence Nightingale. Carolyne Turnbull won a first aid kit for getting the most correct answers.

April /May 2022



What's in the box?



Mary Schuh has a feel





Elaine Campbell and Pat Rowden couldn't decide what the concealed item was



Libby Allen was also stumped



Peg Mawhirt's years living in the bush saw her being the only one able to correctly identify by feel that is was a bunch of Burdekin Plums.



Activities



April / May 2022



Exercises with Leisure and Lifestyle team Member Ashlee Matheson



Marie Mepham



Ashlee Matheson, Carmel Lammon, Josephine Goodwin, Zilla Wilson, Gwenda Chauntler and Myrtle Blakeney



Gwenda Chauntler



Carmel Lammon



Zilla Wilson



Mary Turner

Some of our Resident's enjoying a game of bocce



Josephine Goodwin, John Grandy, Myrtle Blakeney, Valmai Cummins and Gwenda Chauntler



Lisa Diprose, Victoria Snailum, Betty Colless, June Maloney and Sandra Radford

Church

April / May 2022



Church services are held for our residents, led by Pastor Nick Riley



Victoria Snailum and Pastor Nick



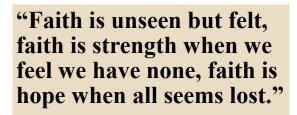
Pastor Nick leading the Hymns



Betty Colless, June Maloney, June Womal and Patricia Geesu



Front Row: Maureen Muller, Lorna Gordon, Rosalie Taylor, Shirley Switzer and Victoria Snailum





We had a great turnout for our May Church service.

Out and About

April / May 2022



"By all means never fail to get all the sunhine and fresh air you can"



Bruce Chauntler



Lorraine Andersen, Clare Stocker and Catherine Doherty



Lisa Diprose



Patsy Geesu



Rosalie Taylor



Myrtle Blakeney



Helen Teitzel



Catherine Doherty



Easter

April / May 2022



"The Great Gift of Easter is hope"



Kaylee and June Symonds came to deliver easter eggs to the residents



June Womal spotted the Easter bunny



Suzie and the scrumptious Easter cakes she has made for the residents.



Shirley Switzer



David Gardner



Ashlee Matheson loading the trolley with treats for the residents



Our Assistant Director of Nursing Lisa Wyborn



Admin Staff—Rosa, Jodie, our CEO Ross Meier, Amanda and Aniesa

Anzac Day 2022

April/ May 2022





ANZAC Day was commemorated with a service under the porte cochere and was very well attended by our residents. We would like to extended a special thank you to all the staff and friends of Murroona Gardens who helped make this day possible. We were lucky to welcome special guests Warrant Officer Eron Sage and Major David Vaag from the Australian Defense Force who along with Pastor Nick Riley and Rotary Village Resident Steve Isgar, willingly gave up their time to help make the service as traditional as possible. Our residents were very pleasantly surprised with Nick Riley's rendition of "Abide With Me."



CEO Ross Meier welcoming everyone to the service



Rotary Village Resident Steve Isgar reading the Ode of Remembrance



Pastor Nick Riley laying a wreath

Anzac Day 2022

April / May 2022





Warrant Officer Eron Sage and Major David Vagg from the ADF



Lily Moore

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.





Jane Eldridge



Barry Nichols



Grace Nott



Hazel Jensen



Dendra Cole



David Thompson

International Nurses Day

April/ May 2022





International Nurses day is celebrated on May 12th globally each year. This date marks the anniversary of the birth of Florence Nightingale who is widely considered to be the founder of modern day nursing.

International nurses day was proposed in 1953 by Dorothy Sutherland and was first proclaimed by President Dwight D. Eisenhower. It was first celebrated by the International Council of Nurses (ICN) in 1965. The ICN is a federation of more than 130 national nurses associations, representing more than 13 million nurses worldwide.

Here at Murroona Gardens, we wanted to thank our extremely dedicated and hard working care staff after a difficult couple of years in the health care industry. They were treated to cakes baked by the very talented Suzie and coffees from Diane Woodward's Coffee van. The night time staff were also treated to pizzas for their dinner.





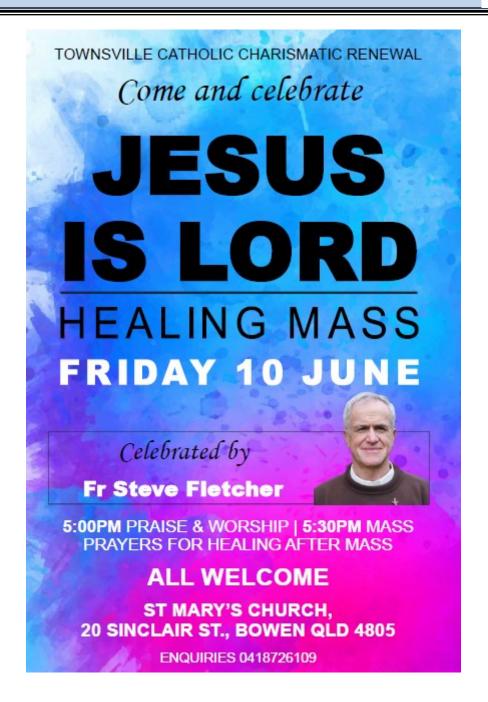
Sarah Riley and Kathleen Stevens

In Westminster Abbey in London they hold a service annually to mark international nurses day. A symbolic lamp is taken from the Florence Nightingale Chapel during the service and handed from one nurse to another and then to the Dean who places it on the high alter. The lamp signifies the passing of knowledge from nurse to another.

Community Notices

April/ May 2022





ST Mary's Catholic Church in Bowen will be holding a healing mass on Friday 10th June. Following the mass they will be holding a BBQ. For catering purposes, please phone Father Sibi 0432 135 059, Karl 0467 673 992 or Maureen 0409 645 720 if you are planning on attending.

Joker's Corner

April / May 2022



A tourist travelling around the country realized it was Election Day and had better vote or else he'd have to pay a fine. He decided that he needed to vote in the next town he came to. Arriving in a small country town, he was told that the polling booth was at the local Church hall.

Sitting at the door was an older local who knew everyone in the town.

Seeing the stranger walking into the hall, she realized he must have come to cast his vote. Smiling at him as he walked on, she asked "Absentee?"

The man replied "Gee thanks, white with 2 sugars."

An Englishman, a Frenchman, a Spaniard and a German are walking down the street together. A juggler is performing on the street but there are so many people that the four men can't see the juggler. So the juggler stands on top of a platform and asks, "Can you see me now?"

The four men yell out "Yes,'' "Oui,'' "Si,'' "Ja.'' Psychic Medium: "So you would like to contact your late wife?"

Me: "Yes"

Medium: "How do you intend to pay

for this?"

Me: "Oh my word, it's her"

A taxi passenger tapped the driver on the shoulder to ask him a question.

The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped inches from a shop window.

For a second, everything was quiet in the cab. Then the driver said, "Look, mate, don't ever do that again. You scared the living daylights out of me!"

The passenger apologized and said, "I didn't realise that a little tap would scare you so much."

The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver. I've been driving a funeral van for the last 25 years."

WORDSEARCH

April / May 2022

















Types of Gemstones

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Α	I	Е	Α	K	Р	E	R	I	D	0	Т	D	D
R	Q	D	Α	R	U	Α	Z	U	R	I	T	Ε	I
U	I	U	L	Т	Α	N	J	Κ	Α	Α	U	S	Α
I	Z	N	Α	Α	Α	R	Z	Α	G	R	R	Α	М
С	R	0	Z	M	R	N	R	I	D	Α	Т	Р	0
I	Т	I	Т	D	Α	Ε	Z	Ε	Т	Ε	R	Р	N
Т	Р	0	0	L	Υ	R	М	Α	I	Ε	Α	Н	D
R	R	R	Р	D	Α	G	I	Е	N	J	Р	I	Z
I	Р	M	Р	Α	M	Α	D	N	K	I	I	R	Т
N	L	R	L	L	Z	R	I	E	Ε	R	Т	Ε	Α
Ε	0	N	Y	X	R	N	Ε	Ε	I	0	U	Ε	Ε
U	L	Α	P	0	R	Ε	P	S	Α	J	L	В	N
Α	L	T	S	Y	Н	T	Ε	M	Α	X	D	Ι	Y

TOPAZ **EMERALD** KUNZITE AQUAMARINE ONYX AZURITE CITRINE **SAPPHIRE AMETHYST JASPER** DIAMOND PEARL RUBY **GARNET** TANZANITE **PERIDOT** JADE OPAL









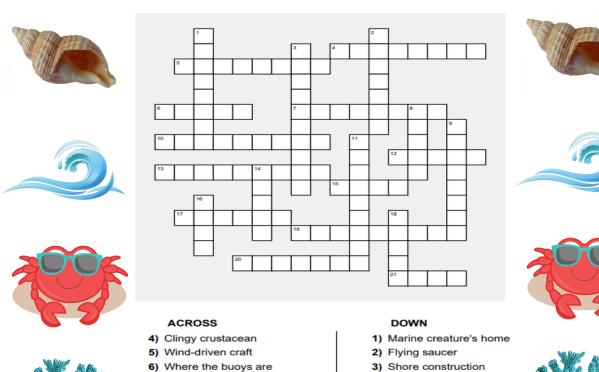






GROSSWORD April / May 2022

Seaside Crossword



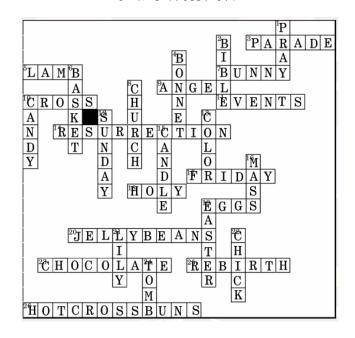


- 7) Moving waters
- 10) Spineless one
- 12) Sandy area
- 13) Coney Island attraction
- 15) Coral formation
- 17) Wave rider
- 19) Two-hulled vessel
- 20) Saturday and Sunday
- 21) Ocean motion

- 8) Drying cloth
- 9) Holiday from work
- 11) Beach whistle-blower
- 14) Breakers
- 16) Beach hill
- 18) Luxury boat



Find the solution in next month's broadcaster. See below the solution for last month's crossword.



EXPRESSIONS OF THANKS



"Giving is not just about making a donation it's about making a difference"

April/May 2022

1x Wheelie Walker	The late Claire Purnell		
Continence Aids	Peter Gallagher and family		
Bananas, paw paws and dragonfruit	Shirley and John Quinn		
Magazines	Gene Andersen		
1x Wheelie Walker	Leslie Hickmott		
Over the knee rugs	Bowen Quilters		
Oil Painting and 50+ DVDs for Hostel	Gwenda Chauntler		
3 Boxes of supplements	Diane English		
Books	Lyn Perrett		



DONATION BEQUESTS

Bequests



April/May 2022



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 Ross Meier or your legal advisor.



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ALL DONATIONS

OF \$2.00 OR

MORE ARE TAX

DEDUCTIBLE AND

A RECEIPT WILL

BE SENT TO YOU.

GENERAL INFORMATION April/May 2022





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

Hostel—outside the Nurses station

Banksia—In the foyer
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 Call **4791 3340** for all repairs and maintenance, enquiries and emergencies.

After Hours emergencies please call **4791 3340** or CEO Ross Meier - **0417 455 840**

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.

GENERAL INFORMATION April/May 2022



Please see below our current visiting hours. Visitors are required to be double vaccinated against Covid-19 and must show this to screening officers in administration. Surgical Masks are also compulsory at all times while attending our facility. There are currently no restrictions to the number of visitors a resident can have but you must be able to social distance. Visits must be in the resident's rooms or in an outside area. Visitor screeners may also ask you to do a rapid antigen test if you are travelling from a high risk area or have been in a situation where you are unable to socially distance such as at a large gathering.

Monday – Friday 9.30am – 2.30pm Saturdays 10am—1pm Sundays 10am-1pm Public Holidays—10am-1pm





