

Eloura News

January-February
2012

Happy New Year



Happy Valentines day

Coming Events for January

<u>Date</u>	<u>Event</u>
1st	New Years Day
2nd	Public Holiday
3rd	Special needs bus
10th	Uniting Church
13th	Harvest Christian Church
19th	Werris Creek Singers 1.30pm or 6pm - Resident & Representative Forum
20th	Men's bus outing
23rd	Chinese New Year Year of the Dragon
26th	Australia Day Celebrations

Church Dates

All Services on Level 1 at Eloura & visitors are welcome

Second Tuesday 9.30 am—Uniting Church Service
Each Wednesday 5.40 pm—Anglican Church Service
Fourth Thursday 2.30 pm—Pastoral Care
Second Friday 9.30am—Harvest Christian Service

Coming Events for February

<u>Date</u>	<u>Event</u>
6th	Cultural Day New Zealand waiting Day
7th	Special needs bus
10th	Harvest Christian Church
14th	Valentines Day
14th	Dancing under the stars
14th	Uniting Church
15th	5.40 Church
16th	Werris Creek Singers 1.30pm Residents & Representative Forum
17th	Men's Bus
21st	Pan cake Tuesday
22nd	5.40 Church
23rd	Pastoral care
29th	Today is leap year
29th	5.40 church

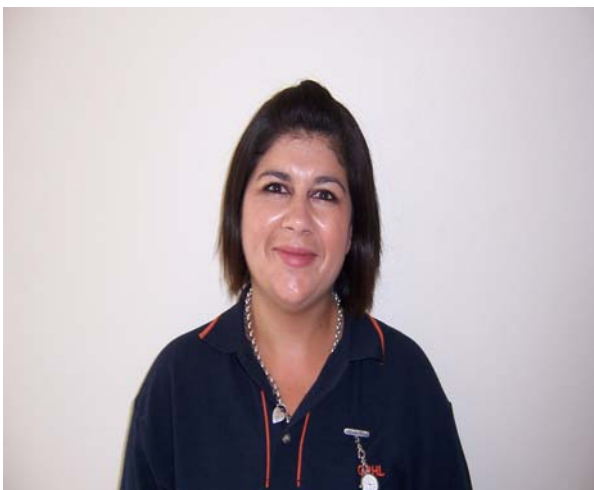
“Welcome to our new Staff”



**Michelle Geddes
Hotel Services**



**Stephanie Shaw
Hotel Services**



**Amanda Shaw
Care Staff**



**Sara Smith
Care Staff**

“Welcome to our new Resident”



**A big Eloura Welcome to
Desmond Downes
Who is here on respite.**

Resident and Representative Forum
(3rd Thursday of every Month)

Thursday 19th January - 1.30pm or 6pm
Choose the time that suits you

Thursday 16th February - 1.30pm

Happy Birthday

A little Birdie told us



to you

January

2nd	Millie Orford
10th	Pat Pengilley
16th	Thomas Holland
17th	Coral Jenkins
25th	Floris Tucker
27th	Daphne Morrison

February

2nd	Alvin Squires
7th	Edna Carroll
11th	Lloyd Williams
11th	Roy Perrett
25th	Marie Shaw
26th	Claire Murphy

Some of the Birthday Celebrations at Eloura for 2011



Happy Birthday Dot



Sylvia And Gail 'Tennis partners'



Ella being spoilt on her Birthday



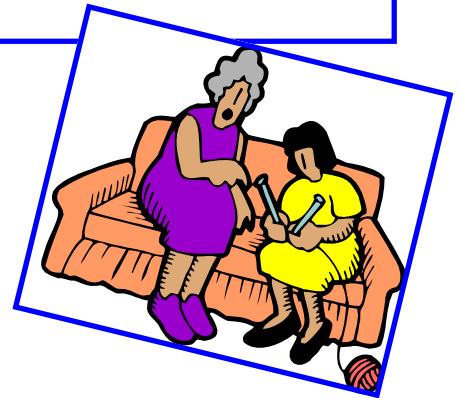
Eva with a nice big cake from the kitchen





Visiting Eloura

All friends & relatives are always welcome to come and participate in activities or church services that are held at Eloura.



All readers are welcome and encouraged to enter articles, letters, ads, photos or anything of the like into the newsletter. Please email

items to

office@qrha.asn.au

or drop into Eloura Reception

At 10 Tebbutt Street, Quirindi

St Joseph school Christmas play



The school teachers got in on the act as



“From the Management Team”

Greetings everyone:

What a wonderful Christmas it has been! The resident's Christmas Party gave us all the opportunity to meet and greet you, to meet family and friends.

Education:

Eloura staff development is continuing with staff having attended a variety of education during December, including fire training.

Accreditation Visit:

The Accreditation Agency will visit Eloura on Wednesday 4th January to assess our progress.

Management:

Eloura welcomed Leya (Shirley) Mawhinney as the Director of Care in November. Leya is settling in well and getting to know the residents and their families.

In December Eloura also welcomed Carmel Bonnici as Acting Manager.

Carmel and Leya bring a wealth of experience and are enjoying working with the Eloura team.



**Best wishes for the New Year,
Helen, Carmel and Leya.**



Eloura
Fete
Great day...
Fun had by all



Thanks to all
that
Volunteered
their time and
efforts
to make it such a
successful day

A Visit to Koolkuna berry farm at Niangla

On Friday the 16 of December the residents journeyed to Niangla Berry farm where they enjoyed a delicious BBQ lunch and Berry ice cream for desert .Some of the residents bought black berry jam to bring home with them. The road was very steep and winding but the scenery was beautiful all in all it was a very enjoyable day.



Recipe Treat

Nicki's Healthy Green Bean Salad



1kg fresh green bean top and tailed
4 tablespoons slivered almonds - toasted
2 tablespoons of sesame seeds - toasted
Splash of extra virgin fruity olive oil
Splash Pukkara Estate White Wine Liqueur Vinegar (Shaw's Fruit & Veg)

Bring a pot of salted water to a rapid boil and LIGHTLY boil beans in 2 - 3 small batches until JUST tender (approx 30-60 seconds)

Run cooked beans under cold water to stop cooking; alternatively place in fridge or freezer briefly.

Allow to cool.

In a dry fry pan on high heat "toast" or brown the slivered almonds stirring until colored brown.

Then "toast" the sesame seeds in the same manner.

Plate the cooled beans on a nice rectangle platter and add a good "splash" of oil and liqueur vinegar.

Top with sprinkle of sesame seeds and almonds.

Goes well with leftover Christmas Ham or BBQ meats and a chilled Bottle of wine



Snippets from the Activities Department

Only a few days to Christmas, hard to believe its come around so quickly! My wish for you all is that the new year will bring lots of happiness and good health to you and all your extended families.

Its been a very busy year, lots of special outings, projects and entertainment days, including visits to the Nundle mine, Alkira Hostel Gunnedah, Sheeba Dam, Werris Creek Mine. Different pubs for lunches, Heritage Village, bird watching at Quipolly Dam, Spring Ridge, picnic lunches, Country Music Outings, Banalaska Lavender Farm, regular visits to the Bowling Club, Seniors Week Mystery Bus, The Woolen Mill Nundle and many more. Special projects included, Various different crafts including making Christmas T Shirts Making a beautiful Quilt, basket making , beading Silk Art and many other crafts with our volunteer Meg Cudmore. The CWA assisted us with special entertainment at the RSL Club, Christmas Lights bus, Disability outing days and many other functions. Ray, Ros, Geoff, Ian, The Werris Creek Singers, and special visiting entertainers sang, joked and laughed with you all. Gail and Helen provided you all with Bingo and Hoi on a regular basis and we held in house Church Services, Pastoral Care, Healing Mass and Communion on a regular basis each month, not to mention Therapies provided by our RAOs, Hand Care, Foot Spas In-Door Bowls, Quoits and many more activities. Eloura held its first Fete, which proved to be a huge success with residents and families looking forward to the next one. All of these activities could not have been successful without the support of the kitchen and care staff, volunteers and residents, along with the support of Management and our Board. We, the Activities Staff, would like to thank you all. Merry Christmas. Carol, Belinda, Sue and Delores.



Sheba- dams

Eloura Fete



Face Painting

Enjoying the Sausage Sizzle



Residents Christmas Party



Gary & Laurie with some of Laurie's family



Shirley & Alan Stinson

Residents Christmas Party



A gift of a beautiful Xmas cake from the Residents to the staff. Staff say a big thank you.



Wendy & Lilly

Bowling club Christmas party



Coral & Lilly

Eloura's Bowling Beauties group



More Residents Christmas



Public Holidays

2nd January - New Years Day

26th January - Australia Day

QRHL - Eloura

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