

Eloura News

May - June
2011



Happy Mothers Day

Coming Events for May

3rd Special needs bus outing

8th Mothers Day



9th National Volunteers Day Morning Tea

11th Legacy Luncheon RSL Club

12th International Nurses Day

QRHL Members Meeting 7pm

14th Prince Frederick & Princess Mary Of
Denmark's Wedding Anniversary

16th Bowling Club Day

17th Eloura Auxiliary Meeting

20th Bus outing

21st Loud Shirt Day— Assist deaf children

23rd World Turtle Day

25th Game 1 State of Origin Rugby League

26th Biggest Morning Tea

26th National Sorry Day

26th Residents Meeting—1.30 pm

28th Norma O'Hara Murphy Afternoon Tea

Werris Creek Library

31st Last Day Of Autumn

Coming Events for June

3

- 1st First Day Of Winter
- 5th World Environment
- 7th Special Needs Bus Outing
- 8th World Ocean Day
- 13th Queen's Birthday
- 14th International Men's Health Week
- 15th Game 2 State Of Origin Rugby League
- 17th Bus Outing
- 20th Wimbledon Tennis
- 21st Auxiliary Meeting
- 21st World Music Day
- 23rd Residents Meeting -1.30pm
- 30th End of financial year



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 following Residents Meeting

Second Friday 9.30am—Harvest Christian Service

Just for Laughs...

ROLLS-ROYCE



Before going to Europe on business, a man drove his Rolls-Royce to a downtown NY City bank and went in to ask for an immediate loan of \$5,000.

The loan officer, taken aback, requested collateral. "Well, then, here are the keys to my Rolls-Royce", the man said.

The loan officer promptly had the car driven into the bank's underground parking for safe keeping, and gave him \$5,000.

Two weeks later, the man walked through the bank's doors, and asked to settle up his loan and get his car back. "That will be \$5,000 in principal, and \$20.30 in Interest", the loan officer said. The man wrote out a check and started to walk away.

"Wait sir", the loan officer said, "while you were gone, I found out you are a millionaire. Why in the world would you need to borrow \$5,000?"

The man smiled. "

Where else could I park my Rolls-Royce in Manhattan for two weeks and pay only \$20.30?



Happy Birthday

A little Birdie told us



to you

May

6th	Helen CARTER
8th	Howard DENBY
15th	Allan CRAMP
17th	Doris NEWCOMBE
18th	Margaret ASHBY
27th	Harold GOLLAND
30th	Vera CARTER

June

8th	Violet STOCKDALE
9th	Betty ASHTON
22nd	Clarice TAYLOR
30th	Alma POLLOCK

Balloon Tennis Exercise Program ⁶



Bea and Win



Howard



Eric sharing a fun time with his nephew Angus



Benefits hand eye coordination
While having a ton of fun
Great with Music

Fun Times with our Residents on a special needs bus outing”

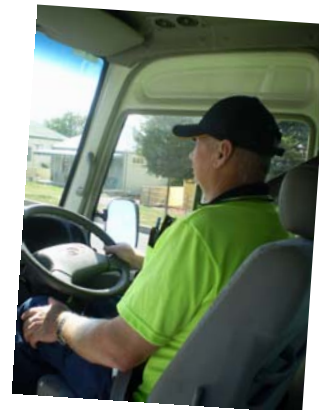
Albert and Dot Newcombe



ENJOYING THE COUNTRY SIDE



Frank our trusty volunteer bus driver

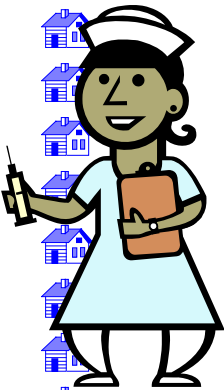




OUR NEW STAFF



Abigail Mizeko (RN)

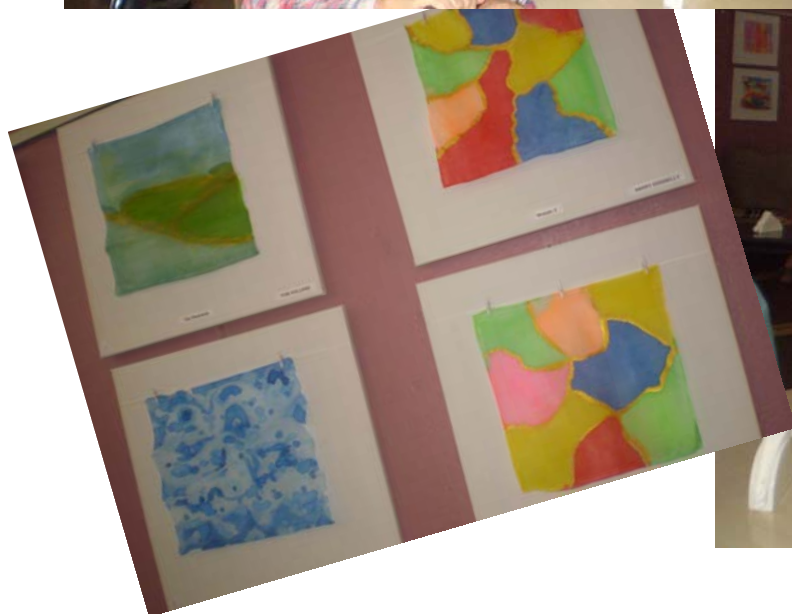
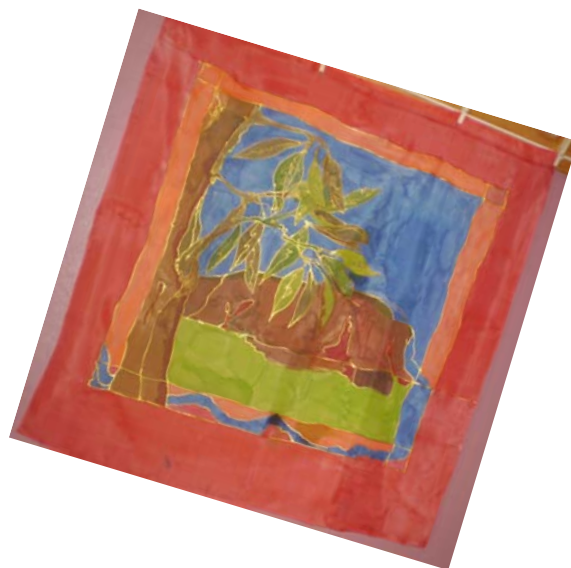


Joanne Cone (Care Staff)



A big welcome aboard

Silk Art Exhibition held at the Impact Café Quirindi



We need your help...



Friends, family members, ladies auxiliary, residents and staff are invited to submit their favourite recipes to be included in the revamped Elmswood Recipe Book.

This will be a combined fund raising effort for 2011. The 'old' Recipe Book has some great recipes and it is hoped that we can add to this and make it a bigger and better QRHL 'old Favourites' Recipe Book.

If you have a recipe that has a story attached to it, please include this...

E.g. It has been handed down through the generations

Thankyou from the Activities Department - 67 412225

Lemon slice



Once you make this slice, you'll be asked to make it again and again.

Ingredients

- 125g unsalted butter, softened
- 1/4 cup caster sugar
- 1 tsp vanilla extract
- 1 1/3 cups plain flour, sifted
- 4 eggs
- Extra 1 cup caster sugar
- Extra 2 Tbsp plain flour
- 1/2 cup milk
- Finely grated rind and juice of 2 lemons

Pure icing sugar, for dusting

Method

1 Preheat oven to 180°C. Line base and sides of a 30 x 20cm lamington tin with baking paper.

Base:

2 Using an electric beater, cream butter, sugar and vanilla until light and creamy. Sift over flour and stir with a wooden spoon until combined. Press mixture into base and 2.5cm up sides of prepared tin. Bake for 10 minutes or until starting to brown around edges; let cool.

Filling:

3 Put eggs, extra sugar and flour, milk, rind and juice in a bowl and whisk until well combined. Pour mixture over base. Bake for 20-25 minutes or until just set. Stand tin on a wire rack to cool. When cold, cut into squares and dust with icing sugar.



“From the Front Desk”.

March has seen the following staff awarded “Staff Person of the Month” Delores Nankivell who is a member of both the Activities and care staff, Amy Charters who is our Head Catering Officer and Mary Ann Walters our hairdresser – April recipients are Janette Hosking a long serving care staff member & Carol Quayle our Diversional Therapist also from the Activities department. All of these staff are appreciated by the residents and their colleagues for their dedication and willingness to give of their time and energy above and beyond what is required, Congratulations & Well Done.

There will be a General Meeting for members of Quirindi Retirement Homes Ltd., on Thursday 12th May 2011 in the Conference room at Eloura at 7 pm. Members of the community are invited to join QRHL -- membership costs \$15 a year and payment is due by 1st July each year for the new financial year. A light supper will be served at the conclusion of the meeting.

The afternoon of jazz in the garden which was organised by our wonderful hard working Ladies Auxiliary and held in the Kemble’s beautiful garden on 16th April it was fantastic. A special thank you to Bev & Bob Kemble for allowing all the visitors to their garden, on a day which was warm and pleasant, the music was very professional, the afternoon tea was magnificent and there was a good “turn out” of visitors which helped raise money for “Eloura”. The residents and staff of “Eloura” really appreciate this assistance. Can we do it again next year?

A special Congratulation to staff member Jenni Cleal who has been awarded the state medal for the “highest marks” achieved in her studies over the past 2 years with TAFE. Jenni along with Debbie Outerbridge and Vanessa Saunders completed their 2 year studies last November and have achieved their passes in the Diploma of Nursing – Divison 2 which entitles them to practise as Endorsed Enrolled Nurses. All three ladies are now working on the floor beside the registered nurses (RN’s) to enhance clinical care for the residents. Well done ladies you have excelled for yourself and QRHL and the residents will benefit from your determination and perseverance.



A reminder for all visitors to Eloura – please make sure that you sign in at the front desk when you visit and use the hand sanitiser which is beside the sign in sheets. This is important when there are colds and flu around as we endeavour to keep these “bugs” out of Eloura. Our residents are quite frail and susceptible to infections please consider staying at home if you are unwell and visiting when you are feeling better..

Reminder that at weekends and public holidays the front desk is unattended and Chloe is not at her desk. Visitors who may need assistance to find a resident when the front desk is unattended, please go to Level 2 or Level 3 and if staff are not visible please press one of the several call bells to seek staff attention, the bells are labelled with a large PINK signs and are located throughout ‘Eloura’.

Resident’s, Relative/Carer’s that may have a concern/complaint or suggestion are encouraged to speak with Lynette, Nic, Ann or Leonie to discuss any queries or concerns regarding care needs and/or accounts. If there is an issue after hours please speak with the Registered Nurse on duty and they can pass on any concerns & we will contact you.

Alternatively if Lynette, Nic, Ann or Leonie are not available at short notice residents, family members or friends are encouraged to make an appointment to see us & have a discussion at your convenience. We aim to resolve any concerns by having an open line of communication between all concerned, alternatively we have our QRHL “Suggestion, Comments & Complaints” brochure which can be completed and placed in an envelope.

These forms can be deposited into boxes which are available in the front foyer, off the lifts on Ground floor, Level 2 in the lounge area near the resident’s shopping cupboard & Level 3 in the lounge area foyer off the lift on the sideboard and can be deposited and left for collection.

External complaint can also be made to the Complaints Investigation Scheme which is run by the Department of Health and Ageing there are brochures with the QRHL complaint forms in the above mentioned spots at “Eloura”. Naturally, we would encourage any concerns/complaint be discussed with a team member so that we can resolve any area of concern/s we aim to provide the best possible care for all residents who live at “Eloura”.

Until the next Eloura News (winter will be really with us) – the admin and management staff wish you all good health, prosperity and happiness.

Lynette, Nic, Ann and Leonie.



The Eloura Auxiliary met on Tuesday the 19th. April for their monthly meeting and discussed their fund raising activities. Raffles were organized, and the very successful garden party was discussed. Auxiliary members were congratulated on a very successful day. The proceeds are to be used to purchase a Vital Signs Parameter. This important piece of equipment provides staff with accurate readings of residents vital signs very quickly with out being intrusive or uncomfortable. A special stand to carry this equipment will also be purchased by the auxiliary. What would we do without our Auxiliary members and supporters?

I was talking to Helen Pine and her hard working team of gardeners, they were telling me that they are about to replant the garden at the front of the building, It should look and smell very beautiful when finished, many thanks for their generous on going contributions.

We have decided to change the way the resident meetings are held by inviting members of auxiliary to chair these meetings, this should assist the residents with feeling more comfortable with bringing forth problems and concerns with out staff present, so far this seems to be working well.

You will be pleased to know our Special Needs Men's Wool Shed is progressing well, we now have the frame up and are awaiting the arrival of the iron to clad the building, many thanks to Bruce and Lindsay who worked very hard on their day off to achieve this.

The Activities Department have been very busy preparing for Anzac Day and Easter programs. A special Anzac Service was held on Thursday the 21st. April to fit in with the public holidays. The Anzac Service was very successful with 39 residents and family attending, the Rev. Porter was the special speaker, he shared an emotional, personal incite into his families experiences of war, by reading excerpts from the diary of a member of his family during his time service in the war until he was killed in action. He spoke very strongly of the need to pray that the mistakes of yester year are not repeated. Our thanks to Ray Law who was the Master of Ceremonies on the day and Jackie Alhmenen who played the organ, Stephanie for the Prayer, Carol the Anzac Poem and Violet Stockdale, herself a returned service woman , who was given the honor of laying the remembrance wreath during the ceremony. Delicious Anzac biscuits were provided with a cup of tea afterwards, thanks to our kitchen staff.

The activities staff have purchased on behalf of the management, Easter eggs for staff and residents to enjoy at Easter. We hope all residents and their families and friends had a lovely, safe Easter.

Carol .

In a Nutshell



Planning for Later Life

Advanced Health Care Directive

An advanced care directive is a document that sets out your wishes about future medical treatment if you lose the capacity to make these decisions for yourself. It is legally binding and is completed prior to a loss of capacity.

Power of Attorney

A power of Attorney is a legal document that appoints one person to act on behalf on another in relation to property and financial affairs. It ceases to have affect after you lose capacity.

Enduring Power of Attorney

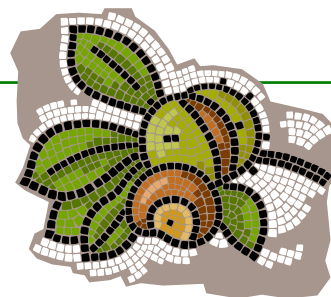
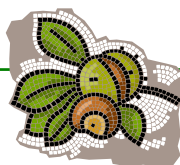
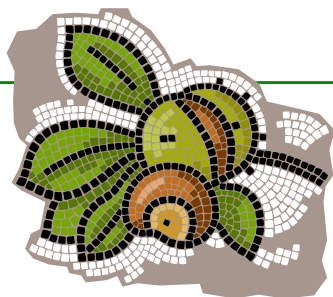
As for Power of Attorney , but continue to have effect after you lose capacity.

Enduring Guardianship

Enduring Guardianship involves appointing someone to make personal and lifestyle decisions for you when you can't do this for yourself.

Will

A will is a written statement of the way in which to have your property distributed after your death. You can make your own will using a Will Kit, but this is not advisable. It is preferable to see a solicitor or use the free services of the public trustee.



**Congratulations to
Shirley and Allen Stinson**

**They celebrated 60 years of marriage on the
7th April 2011**



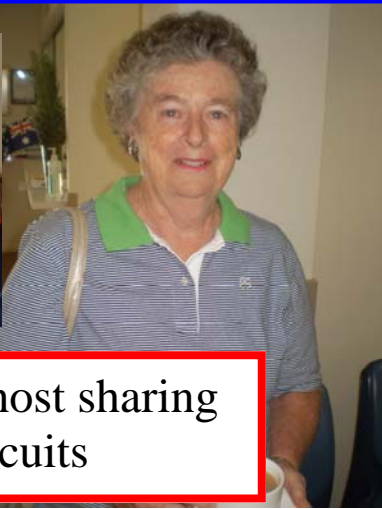
*A song
Stella Hewston
sings to her friend Gail.*

*Old friends are always the best you see.
New friends you find every day.
But they don't fill the places for ever it
seems like the old friends of yesterday.*

ANZAC DAY SERVICE



Above
Violet Stockdale presenting the Anzac Service Wreath



A lovely young host sharing Anzac biscuits



The Independent Living Units



"For Sale"

**2 Bedroom unit
Quality Fittings
Good Aspect**

***For further information please contact:
Ann on 6741 2222***



Members Meeting

Financial Members of Quirindi Retirement Homes Limited are cordially invited to a General Members Meeting.

7pm Thursday, 12th May 2010

Venue: Eloura Conference Room



Quirindi Retirement Homes Ltd

MEMBERSHIP APPLICATION/RENEWAL

**Please complete and return with your membership fee to:
PO Box 127, Quirindi NSW 2343.**

NAME _____

COMPANY NAME _____

STREET/PO BOX _____

TOWN _____

POST CODE _____

TELEPHONE (B/H) _____

(A/H) _____

EMAIL _____

MEMBERSHIP TYPE: ORDINARY 1 STAFF 1

MEMBERSHIP FEE PAYABLE: \$15.00 (ALL MEMBERSHIP TYPES)

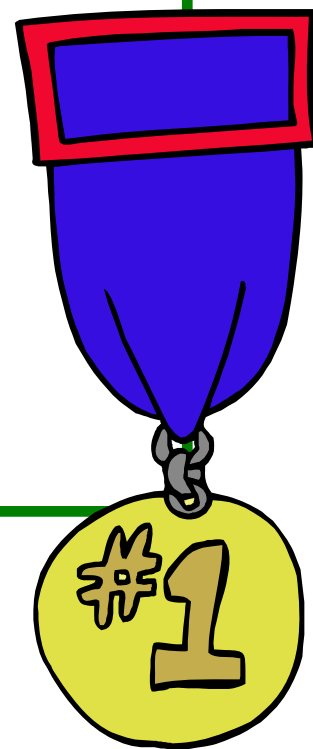
“Congratulations”

to

Jenni Cleal

who came top in the State of NSW

To gain her EEN certificate



QRHL - Eloura

Address: 10 Tebbutt Street

Postal: PO Box 127
Quirindi NSW 2343

Phone: (02) 6741 2222

Fax: (02) 6746 3114

Email: office@qrha.asn.au