

Hostel Happenings

Letter from the Managers Desk

Hello everyone, Christmas time is here again! We have had another busy year at the Hostel saying hello to new residents and staff and sadly saying goodbye to staff who have changed careers and residents who have passed on. We are thinking of you all at this special time of year.

Each and every one of the Hostel team sincerely thank The Friends of the Hostel and volunteers who do such an amazing job supporting our residents, without your tireless fundraising and support we would not be the place we are today.

The friends of the Hostel have bought a computer for the residents to SKYPE their loved ones to stay in touch and see them when they reside far away. For anyone who would like to do this please contact the Hostel so we can arrange a convenient time.

Coming into summer please be aware to keep residents well hydrated if they are with you on an outing and to keep out of the sun. For those who are feeling unwell PLEASE do not visit the Hostel, it may seem only a minor affliction to yourself but can be very detrimental to our residents. If you are unsure, please speak to myself or Leanne our Registered Nurse.

We celebrated our resident/relative Christmas luncheon on Saturday, it was a lovely day and gave everyone the chance to catch up with family and friends of the residents. The friends of the Hostel drew the raffle, 1st prize: An outdoor setting, 2nd Prize: 2 x Crochet rugs, 3rd Prize: Homemade & decorated Christmas cake, 4th Prize: Aromatic candles. Thank you to everyone for your donations and buying a ticket.

The Hostel is due for reaccreditation this year, it will be an unannounced visit and the auditors can arrive at any time. We had our Food Safety Audit and achieved an A rating with the Auditor telling us it is the best Hostel he had seen this year!

On behalf of all the amazing team at Holbrook Hostel we wish you all a Merry Christmas and a Happy New Year. Please drive safe, we look forward to seeing you all in the New Year.

Kind Regards

Leonie Mardling

Care Manager



OUR MISSION

*To offer care of the
highest possible
standard
consistent with UPA's
Christian
commitment and the
expectations of society.*





Coming Soon

The Friends of the Hostel have kindly donated a laptop computer for our residents.

Early next year we will have Skype set up and friends and relatives will be able to communicate with their loved ones.

There are a few logistics to work out however Alison will be in touch with you all and let you know when we are up and running.



Human Body quiz:

All answers are words or expressions pertaining to the human body.

Questions

1. Giving an amusing but impertinent answer _____
2. Metal spike to fasten timber _____
3. Table-top supports _____
4. Part of a river where it flows into another _____
5. Blue-violet flower _____
6. Seat of honour at a table _____
7. The smallest finger _____
8. Container where pirates find treasure _____
9. The very end of the bed _____
10. A flat, tasty fish _____
11. Elvis the _____
12. Pertaining to the sense of smell _____
13. To have a strong desire to travel _____
14. When you need adequate space to move or work in _____
15. Another name for umbilicus _____
16. Small portions of food eaten by hand _____
17. Give assistance to someone _____
18. A weakness or vulnerable point _____
19. A schoolboy _____
20. To share the same opinion _____
21. The elephant has one _____
22. The _____ of the matter





Hostel Church 4TH AND 18TH	St Paul's Anglican church	Reverend James Coats	11AM	Hostel
Sunday Church 16TH, 30TH	The Living word	Sue Crouch	9:15	Hostel



REMINDER!

Please remember to SIGN IN and OUT. The book is located at the main entry doors to the Hostel.

This book MUST be filled in for ALL Residents and Visitors entering or Leaving the Facility due to Fire and Emergency procedures.

Also a reminder that all medications must be taken on outings. Please check with staff prior to leaving the facility.

Dear Relatives,

Our next Resident and Relative meeting will be held in January 2019

Everyone is welcome to attend. Date and time to be advised.

If you have any enquiries please contact Alison on

alisond@upamurray.org.au or 60362817



Recipe of the Month

Fruit and nut slice

Using dried fruit and chopped pistachios, this easy chocolate-y slice will be very popular as a morning tea snack.

serves: 24 | prep: 0:30 | cook 0:20

ingredients

125g butter, melted

250g Choc Ripple biscuits, roughly crushed

1 cup Lucky pistachio kernels, roughly chopped

1 cup Sunbeam mixed dried fruit

1/2 cup desiccated coconut

1/2 cup dark choc bits

395g can condensed milk

method

Preheat oven to 180°C or (160°C fan forced).

Grease a 26cm x 16cm (base measurement) slice pan and line with baking paper, hanging over the two long sides. Mix the butter and biscuits together and press into the pan.

Combine 3/4 of the cup of pistachios, mixed dried fruit, coconut and 1/4 cup of choc bits in a bowl. Drizzle the condensed milk over and fold together until combined.

Spread over the base. Scatter with remaining pistachios and choc bits.

Bake for 20 mins. Set aside for 1 hour to cool, then cut into squares to serve.

notes

If pistachios are hard to get, you can swap them for another nut – almonds or walnuts would work really well.

Despite its very chocolate-y appearance, this slice is not too shamefully sinful! With the dried fruit, nuts and coconut, the bulk of the slice is actually good for you.

MUSIC EVERY TUESDAY 9AM

MUSIC: Is derived from the first two letters of Movement and the last three of Music –meaning movement to music. It is specifically designed to target our consumers who have impairments, both with mobility and cognitively. Each session focuses on strength enhancement through stretching of muscles, mobilization of joints and coordination of movement to promote balance. Meditation and reminiscing helps consumers to promote balance within the psychological and physiological homeostasis .



CARE MANAGER

LEONIE MARDLING



Leonie Mardling

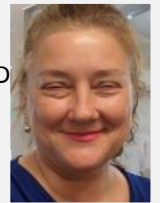
Care Manager



Robyn Spokes

Team leader

LEANNE
REGISTERED
NURSE



**CLINICAL NURSE CONSULTANT/
REGISTERED NURSE**

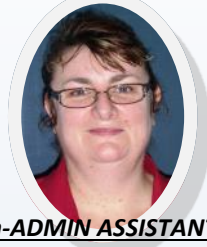
LEANNE HEINJUS

TEAM LEADER

ROBYN SPOKES

ADMINISTRATION ASSISTANT

CATH WATSON



Cath-ADMIN ASSISTANT



Alison

**ACTIVITY
OFFICER**

ACTIVITY OFFICER

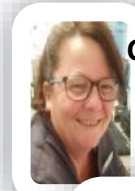
ALISON DAVIS

Mel-

Cleaner/CSE

Catering

Cherrie



Trish

CARE STAFF

JUDY

SIMONE

MARICAR

CHANTELLE

SUE

BECCA

DEB

MIKAYLA

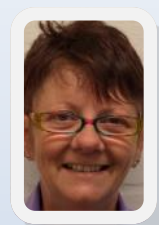
JACINTA

LEISA

MANDY

ABBY

MIRANDA



Miranda

CARE STAFF TEAM



KIM

Judy



Deb



Maricar

CATERING

TRISH

SANDRA

CHERRIE

KIM

CLEANER/CSE

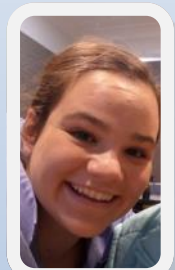
MELISSA

MAINTENANCE

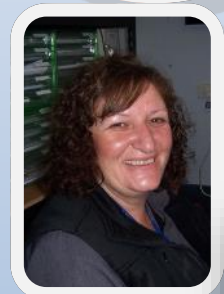
STEVE

WHS OFFICER

MELISSA GIBSON



Sue



Mandy



CHANTELLE



MIKAYLA

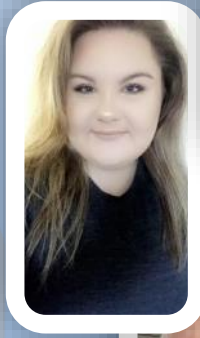


SIMONE

BECCA



Abby



SIMONE

Steve



LEISA



San-



Contact Us

ph (02) 6025 1776 fax (02) 6025 5712



Our other services & locations

Community Care

Eleanor Bohr

Amaroo Dementia Day Club

Lavington

ph (02) 6025 1776

Trish Robinson

Henty Meals on Wheels

Community Centre Ivor Street

Henty, NSW, 2658

ph (02) 6929 3244

Trish Robinson

Commonwealth Home Support

Program - CHSP

Lavington

ph (02) 6025 1776

Trish Robinson

Home Care Packages - HCP

Lavington

ph (02) 6025 1776

For any general enquiries please contact the regional office:

342 Wagga Road

Lavington NSW 2641

ph (02) 6025 1776

e regionaloffice@upamurray.org.au

www.upamurray.org.au

Independent Living

Sal Anderson

Hillsborough Retirement Village

32 Sydney Road

Beechworth, VIC, 3747

ph (02) 6025 1776 fax (02) 6025 5712

Murray Vale Self Care

340 Moore Street

Lavington, NSW, 2641

ph (02) 6025 1776 fax (02) 6025 5712

Myoora Independent Living

Allan Street

Henty, NSW, 2658

ph (02) 6025 1776

Park Hall Village

Park Hall Village Place

Wodonga, VIC, 3690

ph (02) 6025 1776 fax (02) 6025 5712

Elms Self Care - Retirement Village

Balfour Street Culcairn, NSW, 2660

ph (02) 6025 1776 fax (02) 6025 5712

Sandy Brown

Gumleigh Gardens

Retirement Village

23 Albury Street

Wagga Wagga, NSW, 2650

ph (02) 6921 3219

Knightleigh Cottages

Cnr John & Nicholas Streets

The Rock, NSW, 2655

ph (02) 6921 3219

WT Wilson Homes

Residential Care

Christine Fulthorpe

Gumleigh Gardens Hostel

29 Shaw Street

Wagga Wagga, NSW, 2650

e gumleighhostel@upamurray.org.au

ph (02) 6931 0409 fax (02) 6971 9610

Leonie Mardling

Holbrook Village Hostel

45/47-55 Bowler Street

Holbrook, NSW, 2644

ph (02) 6036 2817 fax (02) 6036 3618

Kerralyn Bullock

Jindera Aged Care Hostel

80 Creek Street

Jindera, NSW, 2642

ph (02) 6026 3799 fax (02) 6026 3477

Lorraine Omdahl

Oolong Hostel

97 Sturt Street

Howlong, NSW, 2643

ph (02) 6026 6800 fax (02) 6026 5111

Jaqui Hastings

Murray Vale Shalem Hostel

342 Wagga Road

Lavington, NSW, 2641

ph (02) 6025 4889 fax (02) 6040 0359

Michelle Kosorok

Myoora Hostel

Bartsch Ave & Keighran Street

Henty, NSW, 2658

**Smiling is infectious
You catch it like the flu
When someone smiled at me today
I started smiling too
I walked around a corner
And someone saw me grin
When he smiled I realized
I'd passed it onto him
I thought about the smile
And then realized its worth
A single smile like mine
Could travel round the earth
So if you feel a smile begin
Don't leave it undetected
Start an epidemic
And get the world infected
-Spike Milligan-**



Answers

1. Giving an amusing but impertinent answer Cheeky
2. Metal spike to fasten timber Nail
3. Table-top supports Legs
4. Part of a river where it flows into another Mouth
5. Blue-violet flower Iris
6. Seat of honour at a table Head
7. The smallest finger Pinky
8. Container where pirates find treasure Chest
9. The very end of the bed Foot
10. A flat, tasty fish Sole
11. Elvis the _____ Pelvis
12. Pertaining to the sense of smell Nose
13. To have a strong desire to travel Itchy feet
14. When you need adequate space to move or work in Elbow room
15. Another name for umbilicus Belly button
16. Small portions of food eaten by hand Finger food
17. Give assistance to someone Lend a hand
18. A weakness or vulnerable point Achilles heel
19. A schoolboy Pupil
20. To share the same opinion See eye to eye
21. The elephant has one Trunk
22. The _____ of the matter Heart

