

### Providing Christian Care and Accommodation for the Aged

## Care Manager's Report

Hi everyone, it is Tina reporting this month in Judy's absence. I hope everyone had a lovely Easter. The Catering staff did a wonderful job with the lunch meals on Good Friday and Easter Sunday, a big hit with residents and staff!

Winter is almost here and hopefully some rain may fall to ease the prolonged dry season we are having.

Judy returns on the 1<sup>st</sup> May after having a lovely holiday with her family and will be welcomed back with open arms as she was missed by all of us.

Flu season is around the corner and Flu vaccinations will be done in the next week or so. Just a reminder to anyone who is unwell to please stay away from Oolong until symptoms have been gone for at least 48 hrs to avoid passing on any illness to our residents/staff.

We have also said a sad goodbye to our Registered Nurse Karen Myatt who is leaving the Howlong area. We wish her the best with any future endeavours.

Thanks to everyone involved in our Anzac Day service. It was a lovely day to take a moment to remember our soldiers and loved ones.

Take care everybody. Please come and speak to us if an issues arise or give us a call.

**TINA for  
JUDY OSMAND  
Care Manager Oolong Hostel**



### OUR MISSION

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

### Services Provided

- *Red Cross Nail Care*

*Fortnightly on Mondays*

- *Hairdresser,*

*Weekly on Tuesdays*

- *Podiatrist*

*6 weekly on Friday*



## LOVE

is the only  
force capable  
of transforming  
an enemy  
into a friend.

Martin Luther King Jr.



Hi Everyone,



Autumn time again and the leaves are starting to change colour in preparation for winter.

Flu vaccinations will be starting soon. We are just waiting for the Doctor's surgery to get more in for the hostel.



**Remember to go for regular walks as exercise and fresh air** are still important; also sitting out in the **sunshine is good** to warm those aching bones. Remember to rug up with extra jacket, hat and scarf if it is windy and really cold or if you wish to spend a longer time out doors.

It is also important to keep your fluids up. Just because it is cool doesn't mean you don't need to drink fluids.



If you feel you may be coming down with a cold please notify staff. Hopefully we will remain cold and flu free.



Hand washing It is always important to have good hand hygiene. With good hand hygiene we all can help prevent the passing on of coughs, colds, flu and gastro. Ideally you should wash your hands after toileting, coughing and sneezing. Also prior to meals, especially when handling condiments that all residents share at mealtimes.

We have had our annual fire training this month and a mock fire evacuation will be carried out in the near future without notice to staff or residents to make it more realistic.



Julie W. OOLONG'S REGISTERED NURSE

## KITCHEN NEWS



On the 8th and 9th of April, I was fortunate enough to attend the Maggie Beer Foundation creating an Appetite for Life Workshop in Melbourne.

It was a fantastic experience where the main focus was on new ideas for protein diets, modified foods, and the new IDDSI regulations.

A number of speakers attended to share their experience and knowledge in providing a better alternative in catering and lifestyle for our aged care residents.

It was not all business though, and we had a lovely Monday evening with everyone swapping stories and laughs at Movida Aqui enjoying Spanish Tapas and wine.

Maggie Beer: what a powerhouse she is: exactly what I thought; a lovely passionate person. I am thankful for this opportunity that was given to me.

Leone—Catering

## KNITTING GROUP



### *WRAP WITH LOVE— KNITTING GROUP*

Watch this space for our increasing total Wrap count. Call Jules Young our Activities Officer on 02 60266800 if you have spare 8 ply yarn (preferably mid to light plain coloured acrylic) or can add to our total of 25 cm (10 inch) squares.



### **Wrap no. 77**

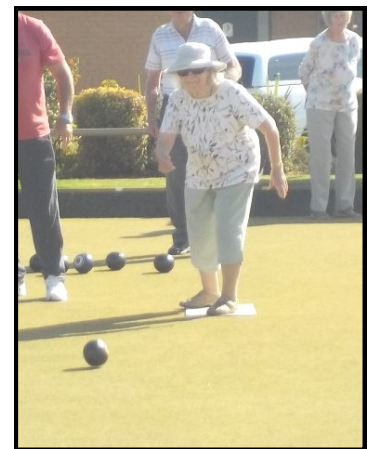
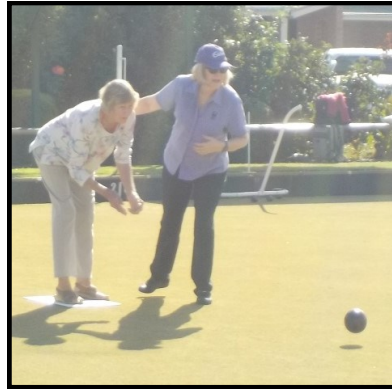
This wrap of mostly green tones was brought to life with the red trim.



# ACTIVITIES & OUTINGS



Jules took Ken, Dorothy and Mary to have a game of lawn bowls on a lovely sunny day.

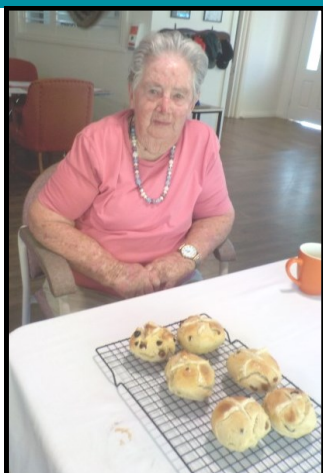


Sonny loves motor bikes, old cars and dogs. When ?? wheeled him all the way to her place he enjoyed all three.





# ACTIVITIES & OUTINGS



Peggie took an interest in the inaugural use of the new oven in Acacia to make some hot cross buns.



Staff take Krystyna and Sonny for a walk in the fresh air.



Joyce K's family took her out for coffee. They picked some flowers and when back at Oolong Joyce arranged them in a vase.



Mary loves horses so an outing was arranged for her to find some horses to pat.



Lailie was delighted to attend the Easter Service at the Catholic Church.



Weekend entertainment includes a relaxing time 'going to the movies' in the blue room.

**LET'S GO**

# CREATIVE MOVEMENT



Balloon tennis certainly created a lot of movement and laughter, which created wellbeing all round.

The feet in warm water over smooth stones is relaxing and stimulating.

## REMINDER RE FLU VACCINATION

Flu vaccination is recommended for all. It is free for any over 65 years old.

Please consider ensuring your safety and the residents of Oolong and have the flu vaccination as soon as possible. Your pharmacy or doctor may be running a clinic at this time.

Please present the certificate given when you have had the Flu Vaccination 2019 to Julie Walker RN or Judy Osmand CM at Oolong.

Should you have to pay for the vaccination, because you are under 65, Judy Osmand/Oolong Hostel Care Manager will reimburse you the cost.





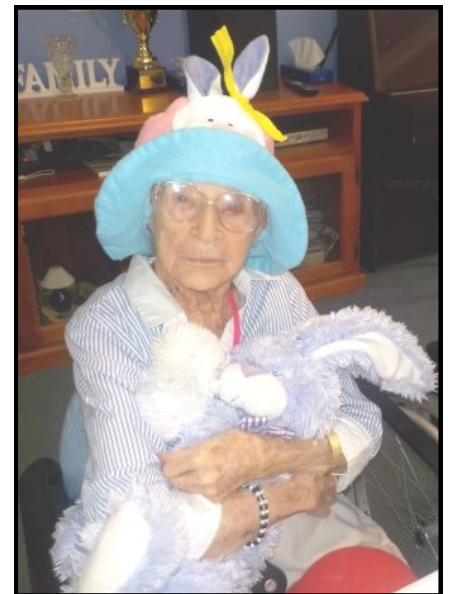
# EASTER



Some of the residents had a lot of fun painting eggs for Easter.



Easter  
Bonnets  
Chocolate  
Bunnies & Soft  
fluffy Bunnies



Laughter, a delicious meal and visitors all made an enjoyable Easter time for the Residents of Oolong.





# ANZAC DAY



Peggy, Mary, Gail, Lailie and Dorothy created wreaths and lapel rosemary sprays in preparation for ANZAC Day.



Members of the Howlong /Brocklesby RSL Chapter conducted the remembrance service and enjoyed conversation and morning tea with residents and family members after the service.



Peggie and Wilma of Oolong came forward to place the wreaths at the flagpole on behalf of the residents.



The members of the RSL enjoyed conversation and morning tea with residents and family members after the ceremony.





# BIRTHDAYS



Pauline and Joyce B celebrated birthdays in April.

They enjoyed cakes, cards and visits to make their days special.

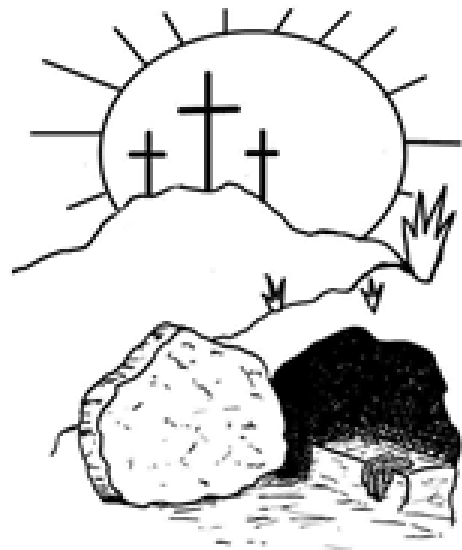


## PASTORAL MEDITATION



### I am the Light of the World

Oh Father up in heaven  
we have wandered far away  
From Jesus Christ Our Saviour,  
who arose on Easter Day . . .  
And the promise of salvation  
that God gave us when Christ died  
We have often vaguely questioned,  
even doubted and denied . . .  
We've forgotten why You sent us  
Jesus Christ Your only son,  
And in arrogance and ignorance –  
it's *our Will, not Thine, Be Done* . . .  
Oh shed *Thy Light* upon us  
as Easter dawns this year  
And may we feel *The Presence*  
of the *Risen Saviour* near . . .  
And God, in Thy great wisdom,  
lead us in the way that's right,  
And may *The Darkness* of this world  
be conquered by "*Thy Light*".



## IMPORTANT INFORMATION

### NEXT MONTH - BIRTHDAY CELEBRATIONS

#### May

Norma Lewis  
Lalie Gleeson



If you would like a copy of this newsletter emailed to you each month please contact Oolong Hostel and provide your email address to the Care Manager.

Please contact staff at  
Oolong Hostel  
91-97 Sturt Street  
Howlong NSW 2643  
Phone: 02 6026 6800  
Office hours are  
9am—4pm week days

Please avoid calling at our  
meal times when possible.  
That is, between  
8.30am –9.30am  
12 noon –1pm  
5pm-6pm.

**For any general enquiries please contact  
the UPA Riverina Murray Administration  
Office :**

342 Wagga Road  
Lavington NSW 2641

**ph** (02) 6025 1776




**Email:** [regionloffice@upamurray.org.au](mailto:regionloffice@upamurray.org.au)

**Web site:** [www.upamurray.org.au](http://www.upamurray.org.au)

Until next time—Judy Osmand  
Care Manager



## OOLONG ACTIVITIES MAY 2019

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hairdresser every Tuesday from 9.00am	Footy Tipping until Grand final September 9.00am	1 9.30 Movement to Music 2.00 Creative	2 10.00 Bingo 2.00 Knitting	3 10.00 Box Bowls 2.00 <del>Ronnie</del> <i>Singing</i>	4 2.30 Activities	5 2.30 Activities
6 9.30 1:1 Pastoral care 2.00 Focus Meeting	7 10.00 Murrayvale Box Bowls	8 9.30 Movement to Music 2.00 Creative	9 10.00 Bingo 2.00 Mothers High Tea	10 10.00 Box Bowls <i>Ronnie</i> 2.00 Mo Singing 	11 2.30 Activities	12 Mothers Day
13 9.30 Pastel care 10.00 Beautiful Nails	14 10.00 Mass 1:1 Jules/Judy Shopping	15 9.30 Movement to Music 10.00 Corowa RSL club 	16 10.00 Bingo 2.00 Knitting	17 10.00 Box Bowls 2.00 Coleen Singing	18 2.30 Activities	19 Norma Birthday 
20 9.30 Pastoral care 10.00 Mens Shed	21 Biggest Morning Tea	22 9.30 Movement to Music 10.00 Creative	23 10.00 Bingo 2.00 Knitting	24 Podiatrist 10.00 Box Bowls 2.00 Bernie Singing	25 2.30 Activities	26 2.30 Activities
27 Lalie Birthday 9.30 10.00 Beautiful Nails	28 1:1 Jules/Judy 2.00 Coffee shop	29 9.30 Movement to Music 10.00 Creative	30 10.00 Bingo 2.00 Knitting	31 10.00 Box Bowls 2.00 Residents Meeting	