The Bundaleer Bugle

BUNDALEER CARE SERVICES RESIDENTS & CLIENTS

February 2021

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Administration office
Phone Number
6585-2811

Cameron Street
6586-9811

Johnstone Street
6586-9901

Home Care
6586 9490

We acknowledge that at Bundaleer we gather on Birpai Land. We pay our respects to Elders past, present and future, for they hold the memories, the hopes and the traditions of Aboriginal Australia. We must always remember that under the concrete and the asphalt this land is and always will be, Aboriginal Land.

Raymond Gouck

Interim Chief Executive Officer

On behalf of the Leadership team and the Board, we acknowledge that the past three months have been unsettling. All effort is being driven due to Johnston Street (Nursing Home) and Cameron Street (Hostel) continuing under non-compliance against the Aged Care Quality Standards (Standards). This is to ensure we have the right evidence to demonstrate the delivery of quality and consumer directed care to our residents.

Following the accreditation audit in August 2020, both facilities failed to achieve compliance against all eight (8) Standards. Although an accreditation period was granted of one year, due to expire in August 2021; Bundaleer Care Services was placed under a Notice to Agree (NTA) for four months due to the safety, health and wellbeing of residents being at risk.

The NTA required the following objectives to be achieved:

- Delivery of specific training – this has been achieved and will continue.
- Monitoring of residents identified as at risk
- A plan for compliance remediation and a plan for continuous improvement.
- Appointment of an advisor, Ingrid Fairlie as lead advisor of Anchor Excellence. Ingrid's engagement with Bundaleer is continuing for a further three months.

The NTA expired on 25 January 2021. The expiry has lifted the restriction on new admissions. However, the Leadership team with the support of the Board decided that it would be in the best interests of residents and staff not to accept new admissions until full compliance with the Standards is achieved.

The expiry of the NTA is not an indication that compliance with the Standards has been achieved. In fact, the NTA has proven that the way we have been doing things has not kept up with the pace of change in the regulatory environment. Our practices and way of working is leading to non-compliance with the Standards.
This will mean that practices and methods of working need to change. All eight Standards are our focus, with critical areas to be improved in clinical care delivery.

Introducing our Board of Directors

As of December 2020

Jane Evans

Chair
Appointed 2020
Retired Health Services Exec/
Adjunct Senior Lecturer

Julie Muller

Director
Appointed 2016
Retired Business Owner

Rod Barnaby

Director
Appointed 2018
Business Owner / Director

Dr Graham Carey

Director
Appointed 2019
Medical Practitioner

Gai McPherson

Director
Appointed 2019
Registered Nurse

Kath Bowler

Director
Appointed 2020
GM Financial Services

Helen Byrnes

Casual Director
Appointed 2020
RN, Health Service Manager

COVID-19
What you can & can't do

From 29 January 2021, changes to restrictions across the Greater Sydney region affect the number of visitors allowed at a residence, outdoor gatherings and capacity limits at weddings, funerals and some venues. There are also changes to the requirements for wearing a face mask.

Up to **50 visitors** from any number of households may visit another household on any day. The total number of visitors includes adults and children. (A member of the hosting household is not counted as a visitor.)

No more than **100 people can gather outside in a public place** which includes public parks, reserves, beaches, public gardens and spaces.

If you are over 70 or have a pre-existing medical condition, you should limit the number of visitors and take care at all times.

Face masks must be worn in indoor areas of NSW airports, including passenger waiting areas during a flight, when the plane is landing at or taking off from the airport or flying in NSW airspace.

Each year in Australia around 1,500 women are diagnosed with ovarian cancer. In most cases the cancer will be diagnosed at an advanced stage, where it is very difficult to treat.

That is why Ovarian Cancer Australia are committed to ensuring that every Australian knows more about ovarian cancer and its early symptoms.

Ovarian Cancer Australia is an independent national not-for-profit organisation, supporting women diagnosed with ovarian cancer. The focus is to provide care and support for those affected by ovarian cancer; and represent them by leading change.

- Women living with ovarian cancer have a strong, united voice
- Every Australian knows the symptoms and risks of ovarian cancer
- All women with ovarian cancer have access to best practice diagnoses, treatment, information and support
- A vibrant and growing national ovarian cancer research effort in Australia informs practice and translates into improved quality of life and survival for women.

There is no early detection test for ovarian cancer, so all women need to be aware of the symptoms. The most commonly reported symptoms for ovarian cancer are:

- Increased abdominal size or persistent abdominal bloating
- Abdominal or pelvic (lower tummy) pain
- Feeling full after eating a small amount
- Needing to urinate often or urgently

If you have any concerns about your health, please seek professional medical advice as soon as possible.

FEBRUARY 16 MEMBERS MEETING

REMINDER

General Meeting of Members

I write on behalf of the Board to invite you to the first of our quarterly meetings, as discussed at the Annual General Meeting, to be held in February 2021, as per Clause 17 of the Constitution.

Date: Tuesday 16th February, 2021

Time: 10:00am to 11:00am

Location: Sweets and Treats Café
Administration building
142a Cameron Street, Wauchope

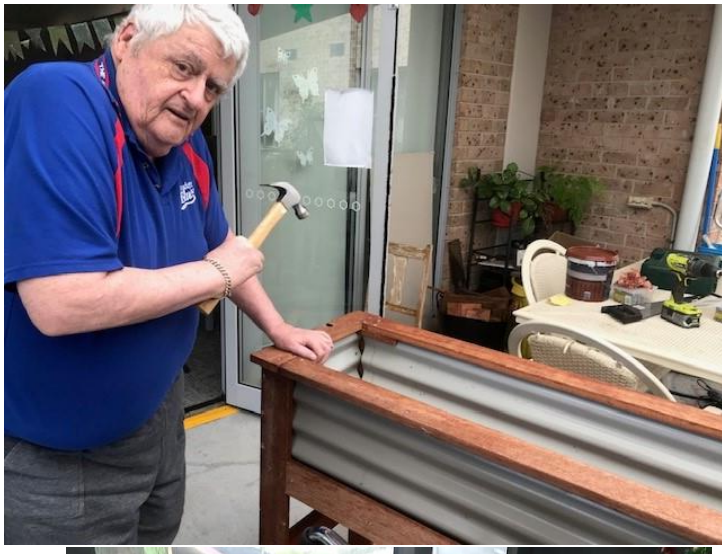
We will be forwarding out an agenda shortly to discuss the items raised at the AGM.

We have set the following dates if you would like to keep these in mind, 18 May, 17 August and the AGM 23 November, 2021

We look forward to sharing information regarding Bundaleer with you, over a cup of tea.

Raymond Gouck, Company Secretary

RESIDENTS



ILU AUSTRALIA DAY

Looks like everyone had a great day
Celebrating Australia Day in the Village

ILU AUSTRALIA DAY

with Jason Sawyer

Welcome to a bright new year, we have had lots of rain, sun and a little more rain to start 2021off, so far so good as they say.

As you are aware we did have some very large storms over the Xmas & New Year break, our insurance assessors have attended and carried out a walk around to asses the damage. If you know of any damage we may have missed, please bring it to our attention via central administration.

Due to some great rain our gardens are growing like crazy and we encourage everyone to get out and enjoy the fruits of our labour. As we start to approach the cooler months hopefully it won't be too hot for a stroll or a ride in our buggy should you wish.

In our care homes we have completed the annual lifter, weigh chair and fire indicator panel servicing.

JSCH gardens are looking wonderful, new seating covers are on the outdoor furniture for your comfort.

March will see ILU 44-59 have their external pest treatment carried out. If you would like internal pest control in your unit please let us know and we can arrange on your behalf at an additional cost.

Regards,

Jase

for your continued support in completing the Bundaleer maintenance forms. It helps the team manage your requests in a timely manner.

Can I please ask that if you ever require any maintenance help please either tell a carer or see reception in the main Admin building so that your jobs can be logged officially and we can include it on our jobs list!

This Month in History

February 1, 1960 - In Greensboro, North Carolina, four African American students sat down and ordered coffee at a lunch counter inside a Woolworth's store. They were refused service, but did not leave. Instead, they waited all day. The scene was repeated over the next few days, with protests spreading to other southern states, resulting in the eventual arrest of over 1,600 persons for participating in sit-ins.

February 2, 1848 - The war between the U.S. and Mexico ended with the signing of the Treaty of Guadalupe Hidalgo. In exchange for $15 million, the U.S. acquired the areas encompassing parts or all of present day California, Nevada, Utah, Arizona, New Mexico, Colorado, Wyoming, and Texas. The treaty was ratified on March 10, 1848.

February 3, 1943 - An extraordinary act of heroism occurred in the icy waters off Greenland after the U.S. Army transport ship *Dorchester* was hit by a German torpedo and began to sink rapidly. When it became apparent there were not enough life jackets, four U.S. Army chaplains on board removed theirs, handed them to frightened young soldiers, and chose to go down with the ship while praying.

February 6, 1952 - King George VI of England died. Upon his death, his daughter Princess Elizabeth became Queen Elizabeth II, Queen of the United Kingdom of Great Britain and Northern Ireland. Her actual coronation took place on June 2, 1953.

February 8, 1587 - Mary Stuart, Queen of Scots, was beheaded at Fotheringhay, England, after 19 years as a prisoner of Queen Elizabeth I. She became entangled in the complex political events surrounding the Protestant Reformation in England and was charged with complicity in a plot to assassinate Elizabeth.

February 14, 1929 - The St. Valentine's Day massacre occurred in Chicago as seven members of the Bugs Moran gang were gunned down by five of Al Capone's mobsters posing as police.

YOUR VILLAGE UPDATE

With Independent Living Co-Ordinator – Sheree Cheetham

Residents may have heard recently of the Bundaleer memberships again. All Independent Living residents are invited to become financial members of Bundaleer Care Services the company for an annual membership fee of $5.00. A member may attend general meetings, AGMs, vote on resolutions and have access to financial reports. For further information, or to get an application form and a copy of the constitution please call or drop into the Administration reception area.

As we settle into the new year, activities are resuming so make sure you have a look at the calendar for anything that might interest you

Would you like a night off from cooking? Our kitchen delivers freshly made and chilled meals, or frozen meals for your freezer, that you can heat up for lunch or dinner. For a copy of the menu or an order form, please contact Ros on reception. All changes to meals, including pausing them whilst on holidays, changing days, changing quantities, or cancelling them completely, are to be registered through Admin.

Social distancing rules remain, and refrain from attending if you are feeling unwell…

- ILU Morning Tea – Wednesdays from 10.00am in the ILU BBQ area.
- Resident BBQ – 2nd Sunday of the Month from midday in the ILU BBQ area.
- Happy Hour (wine appreciation) – last Thursday of the month from 5:00pm in the ILU activity room
- Join the "Lady Diners", 2nd Tuesday of the month, book with Noeline 0408 861 594

FEBRUARY BUS TRIPS

Bus trips for the Month of February TBA

$5 per trip per person (8 Seats per trip), masks to be worn.

Crafts

You can join the Craft ladies in the Activities Room on Thursdays from 9:30, come and have a chat, ensuring adherence to social distancing rules

Cards

Cards are on Tuesdays and Thursdays at 9:00am, ensuring adherence to social distancing rules.

YOUR VILLAGE UPDATE

With Independent Living Co-Ordinator – Sheree Cheetham

Showcasing 4 Villas

OPEN HOUSE

Friday, 26th February &
Saturday, 27th February
9:00 - 10.30am

Explore what retirement living looks like today. If you're ready for the stress free living and maintenance that comes with retirement living, we invite you and your family to our Information Open Days.

Bring your family along to see what living at Bundaleer Gardens Village is really like.

- **Information session**
- **Question time**
- **Village tour**
- **Inspection of vacant villas**
- **Hear from the residents**
- **Free morning tea provided**

Not able to make the Open Day? You are welcome to book in a day and time that suits you!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 9:30 Exercises 10:30 Reminiscing 2:00 Ice Cream Trolley 4:00 Dinner Club	2 9:30 Exercises 10:30 Bus outing 2:00 Bingo 3:30 IGA shopping orders 4:00 Dinner Club	3 9:00 Hairdresser 9.30 Exercises 11.00 Church with Trevor 2:00 IGA Deliveries 4:00 Dinner Club	4 **9**:30 Exercise 10:30 Table Games 2:00 Bingo 3.00 Covid 19 Vaccine webinar 4:00 Dinner Club	**5** 9:30 Exercises 11.00 Tables games 2:00 Happy Hour 4:00 Twilight Bowls and Dinner Club	**6** 9:30 Pampering 10:30 Exercises 11.00 Documentary on how do they make things 2:00 Armchair travel 4:00 Dinner Club **P / S**	**7** 9:30 Pampering 11:00 Video Church Service 2.00 Table Tennis 4:00 Dinner Club
8 9:30 Exercises 11.00 Residents meeting 2:00 Ice Cream Trolley 4:00 Dinner Club	**9** 9.30 Exercises 10.30 Bus Outing 2.00 Bingo 4:00 Dinner Club	**10** 9:00 Hairdresser 9.30 Exercises 10.30 Singalong with Trudy 2:00 Cooking IGA deliveries 4:00 Dinner Club	**11** 9:30 Exercise 10:30 Marie Concert 12.30 Residents and Staff BBQ 2:00 Bingo 3.00 Communion and Bible Study in Theatre 4:00 Dinner Club	**12** **Decorating for Valentine's Day** 9:30 Exercises 11.00 **Anglican Service** 2:00 Happy Hour 4:00 Twilight Bowls and Dinner Club **Catholic Church Communion Service in room, time TBA.**	**13** 9:30 Gardening 10:30 Exercises 11.00 Pet Therapy with Volunteer Steve 2:00 Armchair travel 4:00 Dinner Club **B**	**14** **Valentine's Day** 9.30 Ping Pong 11.00 Salvation Army Church 11.00 Zoom Presbyterian Church Service 11.00 Valentine's Reminiscence 2:00 Country Western Music 4:00 Sunday Football and Dinner Club
15 9:30 Exercises 10.30 Whiteboard games 2.00 Residents Meeting 2:00 Ice Cream Trolley 4:00 Dinner Club	**16** 9:30 Exercises 10.30 Bus outing 10.30 Dart Club 2:00 Bingo 3:30 IGA shopping orders 4:00 Dinner Club	**17** 9:00 Hairdresser 9.30 Exercises 11.00 Church with Trevor 2:00 Cooking IGA deliveries 4:00 Dinner Club	**18** 9:30 Exercises 11.00 Carpet Bowls 2:00 Bingo 3.00 Communion and Bible Study in Theatre 4:00 Dinner Club	**19** 9:30 Exercises 11.00 Anglican Church Service 2:00 Happy Hour - 4:00 Twilight Bowls and Dinner Club	**20** 9:30 Pampering 10:30 Exercises 2:00 Poetry 4:00 Dinner Club **P / S**	**21** 9:30 Darts 11:00 Video Church Service 2:00 Men's Club 4:00 Dinner Club
22 9:30 Exercises 10:30 Brain games 2:00 Ice Cream Trolley 4:00 Dinner Club	**23** 9:30 Exercises 10.30 Bus outing 2:00 Bingo 3:30 IGA shopping orders 4:00 Dinner Club	**24** 9:00 Hairdresser 9.30 Exercises 10.30 Singalong with Trudy 2:00 Cooking IGA Deliveries 4:00 Dinner Club	**25** 9:30 Exercises 10:30 Capet Bowls 2:00 Bingo 3.00 Communion and Bible Study in Theatre 4:00 Dinner Club	**26** 9:30 Exercises 11.00 Golf 2:00 Happy hour 4:00 Twilight Bowls and Dinner Club **Catholic Church Communion Service in room, time TBA.** • Catholic Church Service resuming every 4th Friday time TBA.	**27** 9.30 Gardening 11.00 Pet Therapy with Volunteer Steve 2.00 Bingo 4.00 Dinner Club **B**	**28** 9:30 1:1 Room Visits 11.00 Salvation Army Church Service 2:00 Country Western Music 4:00 Dinner Club

February, Cameron Street Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 9.30 Exercises 11.00 Singalong 2:00 Bus Trip 4:00 Dinner Club	**2** 08.00 Hairdresser 09.30 Exercises 10.30 Bingo 2:00 Carpet Bowls 4:00 Dinner Club - Cooking	**3** 9:30 Exercises 10.30 Table Games 2:00 Afternoon Movie 4:00 Dinner Club	**4** 9:30 Exercises 10:30 Painting 2:00 Pampering 1: 1 3.00 Covid 19 Vaccine Webinar 4:00 Dinner Club	**5** 9:30 Exercises 11.00 **Anglican Church** 2:00 Happy Hour – Ice Cream 4:00 Dinner Club	**6** 9 – 12 Front Door 1:30 Bingo 2:00 Men's Group 4:00 Dinner Club **B**	**7** 9 – 12 Front Door 11:00 Salvation Army Church Service 1.30 Gardening 2:00 Show choice on you Tube 4:00 Dinner Club
8 9.30 Exercises 11.00 Morning Tea in the Garden 2:00 Current News Paper Reading 4:00 Dinner Club	**9** 08.00 Hairdresser 09.30 Exercises 10.30 Bingo 2:00 Carpet Bowls 4:00 Dinner Club - Cooking	**10** 9:30 Exercises 10.30 Table Games 2:00 Afternoon Tea in Garden 4:00 Dinner Club	**11** 9:30 Exercises 10:30 Painting 12.30 Residents and Staff BBQ 2:00 Marie Concert 4:00 Dinner Club	**12** **Decorate for Valentine's Day** 9:30 Exercises 11.00 Reading Group 2:00 Happy Hour – Ice Cream 4:00 Dinner Club	**13** 9 – 12 Front Door 1:30 Bingo 2:00 Armchair travel / Movie 4:00 Dinner Club **P**	**14** **Valentine's Day** 9 – 12 Front Door 1:30 **Valentine's** Reminiscence 2:00 Show choice on you Tube 4:00 Dinner Club
15 9.30 Exercises 11.00 Singalong 2:00 Ladies Group 4:00 Dinner Club	**16** 08.00 Hairdresser 09.30 Exercises 10.30 Bingo 2:00 Knitting Group 4:00 Dinner Club - Cooking	**17** 9:30 Exercises 10.30 Church with Trevor 2:00 Afternoon Movie 4:00 Dinner Club	**18** 9:30 Exercises 10:30 Morning tea in the Garden 2:00 Pampering 1:1 4:00 Dinner Club	**19** 9:30 Exercises 11.00 Reading Group 2:00 Happy Hour – Ice Cream 4:00 Dinner Club	**20** 9 – 12 Front Door 1:30 Bingo 2:00 Men's Group 4:00 Dinner Club **B**	**21** 9 – 12 Front Door 1:30 Gardening 2:00 Show choice on you Tube 4:00 Dinner Club
22 9:30 Exercises 10.30 Reading Group 2:00 Residents Meeting 4:00 Dinner Club	**23** 08.00 Hairdresser 09.30 Exercises 10.30 Bingo 2:00 Carpet Bowls 4:00 Dinner Club - Cooking	**24** 9:30 Exercises 10.30 Table Games 2:00 Afternoon tea in Garden 4:00 Dinner Club	**25** 9:30 Exercises 10:30 Painting 2:00 Sunshine Time - Garden 4:00 Dinner Club	**26** 9:30 Exercises 11.00 Reading Group 2:00 Happy Hour – Ice Cream 4:00 Dinner Club	**27** 9 – 12 Front Door 1:30 Bingo 2:00 Armchair travel / Movie 4:00 Dinner Club **P**	**28** 9 – 12 Front Door 1:30 Sunday News Paper 2:00 Show choice on you Tube 4:00 Dinner Club

February, Johnstone Street Activities

Sweet & Sour Chicken Noodles

Dairy-Free

PREP – 20 MINS	Serves 2	Not too tricky

INGREDIENTS

- 2 x 200 g free-range chicken thighs , skin on, bone in
- 150 g fine rice noodles
- 200 g sugar snap peas
- 2 tablespoons Worcestershire sauce
- 2 teaspoons chilli jam

Method

Pull the skin off the chicken. Place the skin in a large non-stick frying pan on a medium heat to render and get golden, turning occasionally.
Cut the bones out of the thighs and chuck into the pan for bonus flavour, then chop the meat into 2cm pieces.
Move the skin and bones to one side of the pan, then add the meat alongside and cook for 5 minutes, or until golden, stirring occasionally.
Once crispy, remove, chop and reserve the skin, discarding the bones.
Meanwhile, cook the noodles in boiling salted water according to the packet instructions. Halve the sugar snaps lengthways.
Once soft, drain the noodles, reserving a mugful of cooking water, then refresh under cold water.
Use scissors to snip the noodles into roughly 8cm lengths.
Stir the Worcestershire sauce and chilli jam into the chicken pan and let the jam melt, then add the sugar snaps and noodles.
Toss over the heat for 2 minutes, adding a splash of reserved noodle water to loosen, if needed.
Taste and season to perfection with sea salt and black pepper, then dish up and sprinkle over the reserved crispy chicken skin.

RESIDENT MONTHLY MEETINGS

Friends and family of our Care Homes, are welcome via zoom

1st February - Join us at 11:00am
(1st Monday of the Month) - Cameron Street
Or
8th February - Join us at 11:00am
(2nd Monday of the Month) - Johnstone Street

If you hear or see any activities that make you feel threatened, unsafe or uncomfortable, either around your property or the Village grounds, please take the following course of action:

1. Hit your INS call button
2. Phone Wauchope Police on 6585- 1404

In the event of an emergency call 000

SUDOKU

The **rules** of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

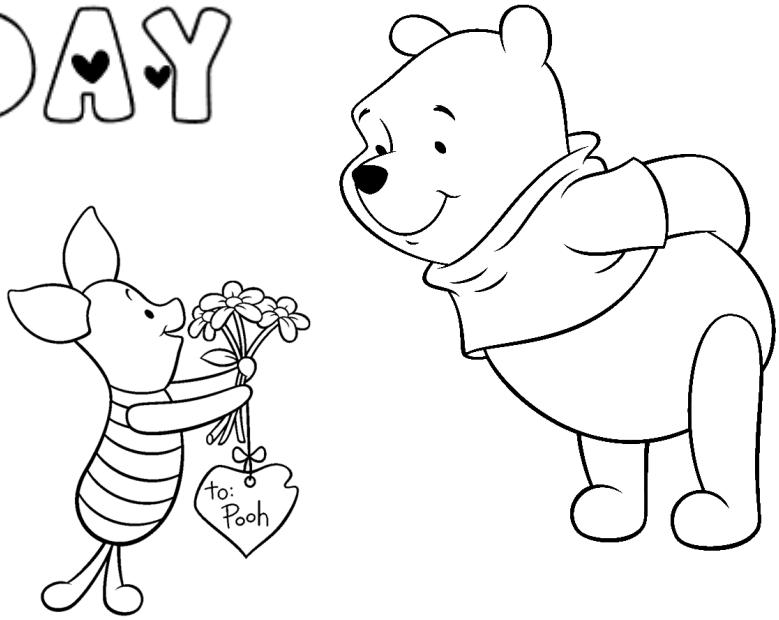
	9	4	1		3		8	
		3		7		9		
1	5		8					
	4	2		8		1	7	
5								3
	6	1		3		5	2	
					6		1	9
		9		2		6		
	2		9		5	8	3	

8			7		1		9	2
	9			5				7
					6		3	
1		9	8			7	5	3
		8		1		2		
6	7	2			5	9		1
	5		6					
3				2			6	
2	1		5		9			4

FUN FACT!

- One cannot complete all of the possible Sudoku Puzzles in an entire lifetime. There are far more than 1 billion valid puzzles in existence

HAPPY VALENTINES DAY



“Skew-Wiff” Kelly

His name was “Skew-Wiff Kelly”,
And everything he built
Was either at an angle,
Or leaning at a tilt!

On all of his construction jobs
He used the rule of thumb.
He’d close one eye and line it up
And reckon it was plumb.

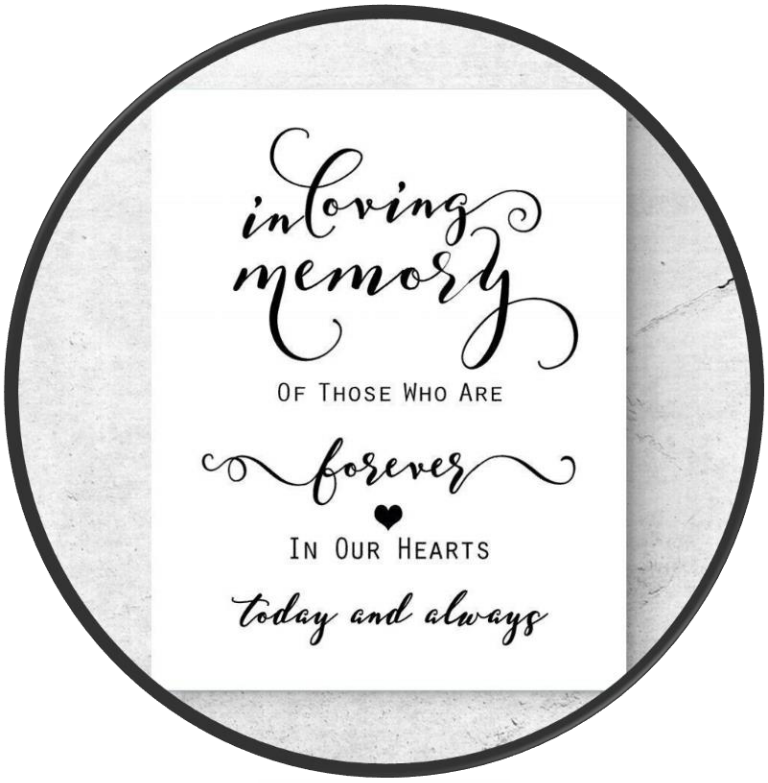
He would use the best of timber
And take a lot of care
But every job completed
Was a little bit off-square.

His reputation grew and grew
As “Skew-Wiff” moved around.
The cockies over-looked his faults
For his workmanship was sound!

So as you travel round the place
You can see where “Skew-Wiff’s” been.
That hay-shed learning side-ways.
That veranda with a lean.

Yet a funny thing about it,
Though his buildings aren’t quite straight,
They always look so comfortable
As if they’d time to wait!

Signed Anonymous



SWEETS & TREATS

Café

Treat yourself and come and enjoy coffee, tea, cakes, sweet treats, lunch, chips, soft drinks and more! Friends and relatives welcome.

Located in the ILU Community Room, underneath the Administration Building.

Bread, milk and frozen dinners also available.

NOW OPEN WEEKDAYS
9am – 10.30am and 11am - 2pm

SOCIAL DISTANCING RULES APPLY