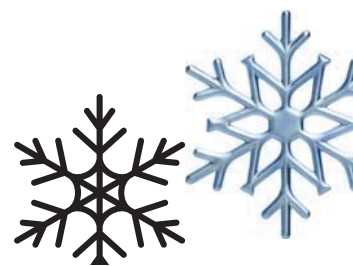




*Kaloma Chronicle*

WINTER

2024





# Director of Nursing / Facility Manager Report

Hello Everyone,  
Welcome to the Winter Edition of the Chronicle.

Inside you will see a range of things we have been doing at Kaloma including updates from our lifestyle team who always have something interesting going on.

Kaloma has recently experienced a Covid outbreak which lasted 4 weeks. In total we had 8 resident cases and 6 staff cases.

The outbreak was traced back to a visitor to Kaloma which is why we want to ensure that all visitors avoid visiting family and friends unless they are 100% well and don't have symptoms of Covid.

Covid-19 is such a tricky illness as the symptoms of infected people aren't always just "flu like illness".

In our experience we have seen people show a range of symptoms including a random vomit (without nausea), diarrhoea, stomach cramps, a rash, as well as fatigue and tiredness of unknown cause.

Beside the loss of human life we see each time we have an outbreak that is devastating to families, the financial and mental health impacts on Kaloma and staff are also significant.

Covid outbreaks in the past have cost anywhere from \$60,000 - \$125,000. On average \$30,000 per week.



To avoid the spread and protect our workforce, staff must wear N95 (duck bill) masks and face shields for the entirety of their shift inside the building. This means they can't drink water inside, can't scratch their face, often have glasses that fog up, and in summer, sweat significantly.

When they go on their break, they often must rub sore spots from the pressure injury created by their protective wear over their nose, forehead and ears.

So basically, what we are trying to say is please take us seriously when we ask people not to visit if unwell. All outbreaks have been triggered by people entering Kaloma who are unwell and say, "I thought it was just a cold".

By the time a resident shows symptoms we already have another 10 people on average infected who don't know it yet (residents and staff combined).

By then the virus has made its way round Kaloma, into people's rooms and into people's homes. You can see why the virus has caused a worldwide pandemic and millions of people have lost their lives in the process after you see it first-hand for yourself and the way it tears through close living situations such as nursing homes.

Anyway, that's enough of the depressing talk.

Let move onto something more exciting!

Kaloma's Annual Charity Golf Day is fast approaching in July.

This year the Major Sponsor for the Golf Day is the Goondiwindi Medical Centre.

Kaloma was very pleased and humbled with their offer to sponsor us this year and feels that it shows their ongoing commitment to providing medical care for Goondiwindi and the region.

They often receive some negative feedback (just like us at Kaloma) due to the demand they face from the wider community to access care.

We all must keep in mind that both of us do what we can to service who we can.

Thank you for those who understand and support us in making sure we can continue to deliver care now and into the future.

We cannot please and service everyone, but we will try!

If you wish to sponsor or read more about the Golf Day just continue reading and you will find a section in the Chronicle dedicated to it.

Kaloma has been branching out into the other areas to generate income.

Many may be aware we offer lawn and gardening services to the wider community.

On our newest venture we have approached the Goondiwindi Bowling Club and offered to trial an opening of a restaurant owned by Kaloma called the “Outback Kusina Restaurant”.

We done this as part of a community service and to assist the club to have a functioning kitchen since their past cook has left.

We endeavour to have 4-week rotating menu tailored to dishes which prove to be the most popular. We also plan on introducing exciting menu items such as an “all you can eat” buffet or a “eat it or its free” meal.


For those who have social media, you can stay updated on what is happening via our Facebook Page.

Cooking the meals is our very own Kaloma Chef Ricky.

Ricky comes from the Philippines and has been working in Australia as a Chef for many years. Before moving down south to us, he worked as a head chef in a Darwin restaurant.

Ricky has a passion for making fresh and tasty meals while still ensuring they are affordable for everyone.

We invite anyone who is interested in good food and company to come down to our restaurant at the Goondiwindi Bowling Club on Thursday nights to support Kaloma.



Our Grand Opening for the restaurant was on the 30th May and in a span of 2 hours we had 140 meals come out of the kitchen. The majority of those where in the first hour!

If anyone is ever dissatisfied with the service, then the eat for free!

All proceeds for the restaurant go to Kaloma.

Now while it isn't a massive money-making venture, the benefits of the restaurant to the Bowling Club, the Community, and the staff who work in there (as it is their passion), far outweigh any profit we could ever receive from it.

The food industry is tough, hence why many restaurant around the country are expected to close over the next few years.

Closures as mainly due to rising food costs, rising wages, and the inability of the public to afford to pay higher prices for meals in order for the business to cover costs. Particularly in areas which have middle to low class incomes.

Fortunately, Kaloma is in a situation where we have the resources to keep a restaurant going, have it remain affordable for the consumer, and retain quality in the food.

This of course can change as we don't know what the future holds. As with many businesses we evolve and adapt according to our surrounding environment and take up opportunities as they arise.

The most important thing people need to remember is that everything we do is to benefit Kaloma and to further our charitable purpose... Aged Care.

Until next time,  
Tenneille





# KALOMA

*A Place to Live. Not Just Stay*

At Kaloma, we believe in creating a vibrant, supportive, and engaging community for our residents. Far from the misconception of a restrictive environment, Kaloma offers a dynamic and fulfilling lifestyle that emphasises freedom, enjoyment, and comfort. Our mission is to ensure that every resident feels at home, valued, and connected.

## *Lifestyle and Activities*

Kaloma residents enjoy a diverse calendar of activities, including regular bus trips to local attractions, cultural events, and scenic outings. Even just a short trip to the coffee shop is a regular occurrence.

From concerts to movie theatres, we organize trips to various events, allowing our residents to continue enjoying their passions and exploring new interests.

## *Culinary Delights*

Our dining experience is tailored to cater to the varied tastes and dietary needs of our residents. With buffet-style meals prepared by qualified chefs and made with produce from our market garden, everyone can choose from a wide range of delicious, nutritious options, ensuring meal times are a highlight of the day and a social occasion in their own right.

## *Welcoming Visitors*

At Kaloma, we understand the importance of maintaining strong connections with loved ones. Friends and family are always welcome to visit, join for meals, or participate in activities.

## *Nature and Outdoors*

Our large walking paths and extensive outdoor areas offer residents the freedom to explore, exercise, or simply enjoy the beauty of nature. These spaces are crucial for physical well-being and mental health.

## *Affordability for All*

We believe that quality care and a fulfilling lifestyle should be accessible to everyone, regardless of their financial situation. Kaloma Home for the Aged offers affordable living options to ensure that no one is excluded from our community because of their economic status. Whether you are seeking a place for yourself or a loved one, know that Kaloma is a home where everyone can live a life of dignity, joy, and community.

We encourage those who would like more information or to discuss their personal circumstances to make an appointment with our Director of Nursing / Facility Manager Tenneille Aguilar by calling Kaloma on (07) 46 711 422.





Safety and  
Maintenance



Personal Carer

# *Who is Who at Kaloma*



Housekeeping and Catering



Lifestyle



Homecare



Nursing and Supervisors

# KALOMA ANNUAL CHARITY DAY 28TH JULY 2024



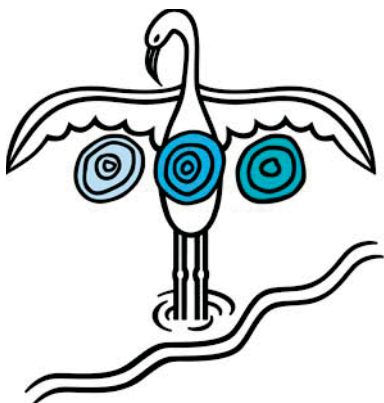
## FOR A CAUSE

*Event information, Sponsorship  
Packages, Donations & Tickets*



## SCAN HERE

*Need assistance? call Kaloma (07) 4671 1422*



# Goondiwindi Medical Centre

*Thank you to our 2024 MAJOR DIAMOND SPONSOR*



*Thanks also to our  
RUBY SPONSORS*



# Kaloma

## MEGA 100 BOARD

\$100/square entry - **Win 4 x \$1000**

Every ticket receives \$100 meal voucher

## KALOMA CHARITY 100 BOARD



\$5/square entry - Win **\$200**

## CHARITY GOLF DAY RAFFLE

\$5/ticket entry - 1st **\$1000** / 2nd **\$300** / 3rd  
**\$200**

*All Cash  
Prizes!*

*All raffle proceeds supporting Kaloma Home for the Aged.  
A proudly local, community focused, not for profit aged care facility providing  
residential & home care services.*





*Outback Kusina*

# RESTAURANT

Goondiwindi Bowls  
Club

Thursday 6pm -  
830pm

ABN 76 811 097 243



# KALOMA LAWN CARE SERVICES

Bringing Life to Your Lawn  
Giving Back to Our Community!

## Why Choose Us?

We specialise in professional lawn mowing, trimming and gardening services, all carried out with the utmost professionalism.

Every dollar you spend with us goes back into Kaloma, contributing to the betterment of the community. Our prices are competitive and tailored to suit your budget while simultaneously supporting a great cause.

Our Services Include  
Lawn Mowing and Edging  
Garden Maintenance  
Hedge Trimming and Pruning  
Eco-Friendly Weed Control

Call Kaloma today

**07 46 711 422**



# Welcome

## RESIDENTS

Jennifer Maguire

David Donaldson

Brigette Sorensen

Ken Gault

Jennifer Swain

## NEW STAFF

Susan MacDonald -

Housekeeping

Kirstie Wilson -

Housekeeping

Isobel Waugh - RN

Ahmed Ademoglu - RN

Divine Hunas - PCA

Jill Bensali - PCA

Amber Feitchner - PCA

Emily Ellis - PCA

Tameika Stewart - PCA

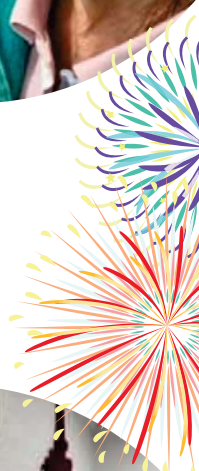


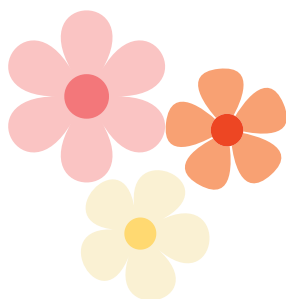
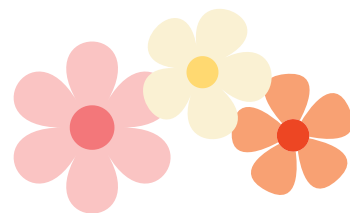
Smile😊



happy

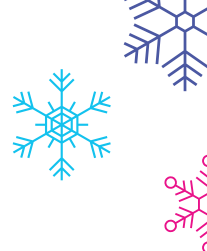








# Lifestyle News



From us to you!

On This very chilly Monday morning, I think it's 4 degrees outside.... Bring on the Summer I say.

Here's a roundup of what we've have been up to since we last caught up...

Bingo on Mondays continue to be the hit of the week, huge thankyou to Denise for always been here to be our number one caller.

We have our pampering sessions with the Circle of friend's ladies as well Karen and Donna who give up their time to come and make sure our residents look their best.

Chinese takeaway is very popular too, one month Warrigal had Chinese for Lunch the next Brolga, Astrid and the crew at Brigalow too have a Chinese lunch on occasion.

Of course we attended the Gundy Show, which was great.... I think it was only \$9 for a dagwood dog? Anyway, worth every cent to us and its only once a year....

Astrid and the Brigalow residents entered the Scarecrow competition. They were the best scarecrows, looked like real people not sure if we know, was there a ribbon??

We had a BBQ lunch to celebrate Mother's Day, we did intend to go to the Mother's Day Markets at the Community Gardens however it ended up being a foggy wet morning, so we decided to stay home.

An absolute privilege to be invited to the final dress rehearsal of "Frozen" by our talented High School Students it was great thank you to Caroline and her team for including us. The residents loved it. I didn't go, Deb and Janie went with the residents, so I did have a bit of FOMO (fear of missing out).

Meals on Wheels once a month, is a social outing for us, as many wish to come, board the bus and off we go doing our thing... chatting along the way....it takes us quite a while usually hot chips for lunch on the way home.

The Seniors Movie at the cinema was "The Great Escaper" I think it was a little sad, but everyone that went said they loved it.

Not sure what is on at the Cinema for the seniors this month.

Happy Hour was had with drinks and nibbles.

Pianola Pleasures with Kay on a Saturday morning, music lovers rejoice as the tunes of the pianola fill the halls.

Residents have been busy making a peacock collage, the activity has been called Megan's Peacock craft ..... anyone that knows Megan she is very shy, and does not like recognition in any public form.

The peacock is nearly done can't wait to see the end result

Thank you to all our fabulous volunteers, morning tea was had last week we had most of our volunteers here some couldn't make it of course. The thing was it was for them, however they continued to volunteer whilst they were here! Phil played and sang, Jacquie M played too. We danced, sang, ate lots. It was a lovely morning. Where would we be without our volunteers?

Once a fortnight Miss Fleeting (Kristy) has been bringing her students from Boggabilla Central to visit and interact with the residents they have been a great help. Especially at morning teatime.

We look forward to seeing them again this Friday.

As you know there is a day for everything, which is great really as it is a good prompt!

Last week was HAMBURGER DAY!

So, guess what...Richard and his catering team made the patties, we made the rest, the residents had hamburgers for lunch. (not sure they were a hit?)

It just so happened that it was lifestyles turn to cook the staff lunch!

No guessing what they had.

It was hamburgers all round.....approx. 110 hamburgers in total!!!

Not sure we want to do that again anytime soon.

Friday the 31st of May why not head off to the QL and have some lunch it was so good.....

I asked one of the residents if they would like a beer? The reply "Well that's what we came for isn't it?" can you guess who it was??

As you know Kaloma has Thursday night meals at the Bowling Club "The Outback Kusina" .

We have been arranging flowers from the garden, into vases (bottles) for the tables they look gorgeous.

We are still loving our Bus and will be forever grateful to the community of Gunderwonderland for helping us to buy it. It is everything we thought it would be.

Last week we boarded and went to Moree, the wheels had to turn by 9.30am as we had to be back by 1pm! Why Moree you might ask? We have a few residents that used to live in Moree or Moree district.

I had been promising we would go for some time so off we went.

Prue Walker came with us which made for a relaxing trip.

Thankyou Prue.

Astrid and the Brigalow residents have been out and about too, of a weekend.  
Doing the "Sunday Drive".



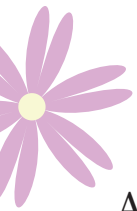
We have tested going under the Railway Bridge and yes we do fit.... However, I  
just can't bring myself to go under!  
Next to try, Maccas drive through??



While we are on the topic of the bus, the plans to have the signwriting done  
are in the hands of Mark Griffith. Keep an eye out soon it will be obvious  
which bus is ours.



My favourite piece of news is that!!



Anne Kelly from Montessori Consulting is coming to us for three days.

She is my absolute idol

This training is available to the wider community, if you are interested in  
attending, please call Kaloma 46711422 or book direct through the Eventbrite  
link on the Kaloma Facebook page.

Dates Anne will be spreading her magic are the November 6th, 7th and 8th

I think that is nearly all we have for this newsletter



Just before we go

\*If anyone has socks that we could pair as an activity.

\* Small jars

\*Old reading glasses we clean them for an activity.



Big love from us to you!

Bec, Astrid, Kylee, Deb, Janie, Kay, Di, Megan, Lindy, Zoe and Anna

Stay Warm and Well

XX





June  
8th Charlie Gall

# Upcoming Resident Birthdays

## July

3rd Norm Batterham  
11th Iris Guyer  
13th Bev Baguley  
16th Wally Death  
30th Marcia Van Gelder  
31st Tom O'Toole

## August

3rd Joan Thompson  
10th Wyn Telford  
17th Ben White  
19th Lillian Strang  
31st Graham Bailey  
31st Denise Huddy



# Happy Birthday



# Upcoming Staff Birthdays

## June

1st Gina Alvarez  
4th Jobel Gumnad  
11th Anna Larawan  
11th Alana Wilson  
12th Isabel Kitzelmann  
14th Charmaine Mullins  
17th Deb Sewell  
18th Kelly Sutherland  
20th John King  
21st Vicky Otto  
22nd Din Badeo  
27th Anton Macam  
28th Grace Tavera  
29th Sue Bell  
30th Megan Cortez

HAPPY

birthday



## July



5th Feli Dobson  
7th Divine Hunas  
11th Bec Turvey  
16th Peter Clarke  
20th Katie-Lee Killen  
26th Lauren Harris  
26th Tammy Strong  
29th Tess Wales

## August



3rd Toni Jakins  
5th Emily Ellis  
7th John Bell  
11th Megan Angel  
13th Sue MacDonald  
14th Fizz Slack-Smith  
15th Mary-Ann Toledo  
24th Pauline Cleary  
28th Ahmed Ademoglu  
28th Janie Jackson



# One Pot Italian Chicken



- 1 tbsp olive oil
- 20g unsalted butter
- 4 small chicken breasts
- 2 garlic cloves - finely chopped
- 1/2 cup sun dried tomatoes - sliced
- 1/3 cup white wine
- 1 cup thickened cream
- 1/2 cup chicken stock
- 60g packet baby spinach
- 1 cup fresh basil leaves - torn
- Crusty Bread - to serve

## Step 1

Heat the 1 tbsp olive oil and 20g unsalted butter in a large non-stick frying pan over high heat until butter is foamy. Season the 4 small chicken breasts and add to the pan. Reduce heat to medium-high. Cook the chicken for 5 minutes each side to until just cooked through. Transfer to a plate. Cover with foil to keep warm.

## Step 2

Place the 2 garlic cloves, finely chopped in the pan. Cook, stirring, for 1 minute or until aromatic. Add the sun-dried tomatoes, sliced and stir to coat. Add the white wine and cook for 1 minute or until reduced. Add the thickened cream and chicken style liquid stock. Return the chicken to the pan and simmer for 5 minutes or until liquid is reduced.

Stir through the t baby spinach until wilted.  
Season and sprinkle with fresh basil leaves, torn.

Serve with Crusty bread, to serve.



# Cheesy Taco Pasta Bake



200g dried macaroni

1 tbsp olive oil

1 red onion - finely chopped

1 red capsicum - deseeded and finely chopped

500g beef mince

30g sachet taco seasoning

374 jar of mild thick and chunky salsa

3/4 cup cheese pasta bake sauce

1 cup grated pizza cheese

1/2 cup light sour cream

125g cherry tomatoes - quartered

1 avocado - chopped

2 green shallots - chopped



## Step 1

Preheat oven to 180C, Cook the macaroni pasta in a large saucepan of salted boiling water following packet directions. Drain.

## Step 2

Meanwhile, heat the 1 tbsp olive oil in a large saucepan over medium-high heat.

Add 1 red onion, finely chopped and 1 red capsicum, finely chopped. Cook, stirring, for 5 minutes or until softened. Add the beef mince. Cook, stirring with a wooden spoon to break up any lumps, for 5 minutes or until browned.

## Step 3

Add the taco seasoning to the pan. Cook, stirring, for 1 minute or until well combined. Add the pasta, mild thick and chunky salsa and 180ml cheese pasta bake sauce. Season. Cook, stirring, until combined and warmed through.

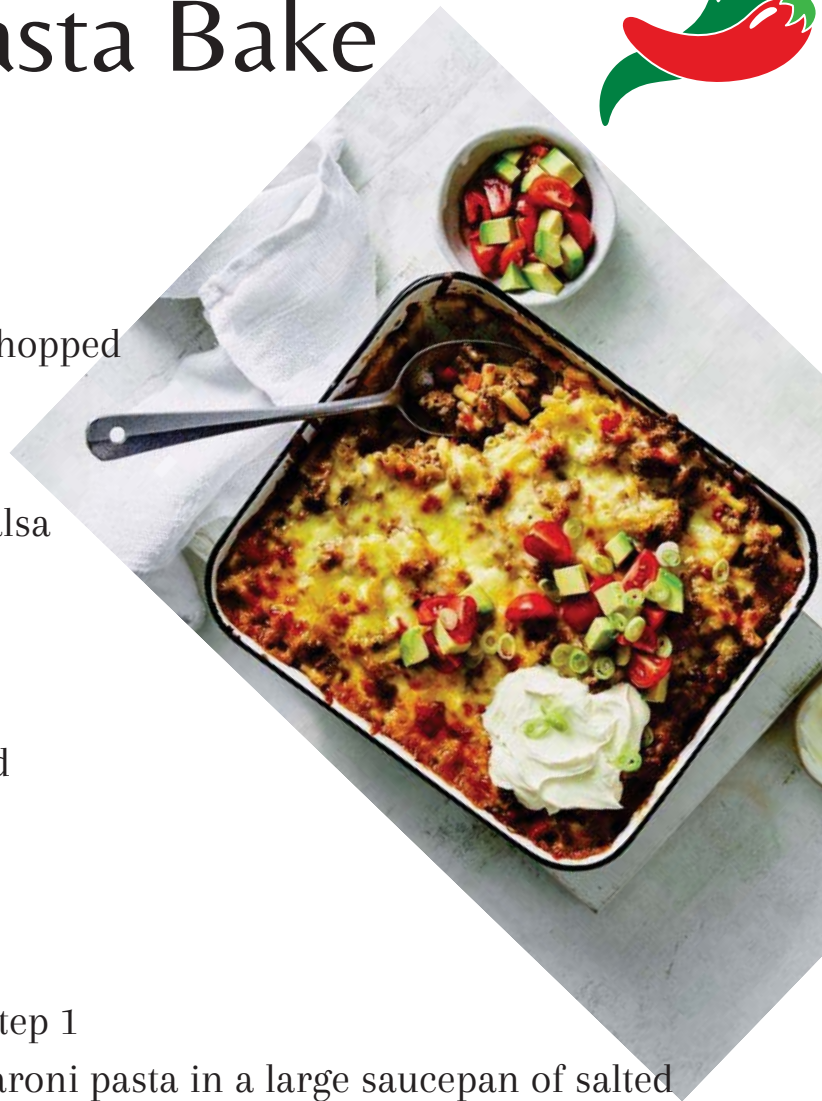
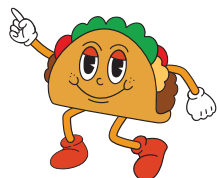
Transfer to a baking dish and smooth the surface. Scatter with grated cheese.

Bake for 20-25 minutes or until golden.



## Step 4

Serve topped with sour cream, cherry tomatoes, avocado and chopped green shallots.





# Winter Word Search



S K I I N G S N O W B O O H T  
S F I R E P L A C E I N G E O  
L I E A R M U F F S C N Y T S  
E W S B C O L T R A E S T A C  
D I M L R O W S N O U G H E A  
D N U I A U L O W P S H T O R  
I T F Z E S A D E H A T A O F  
N R B Z B A E R O W P L Y I I  
G C O A T O T L Y D M W L C R  
I T O R H A F R O T A S U I E  
P O T D E C E M B E R I L C L  
L A S N C R O V I N C L O L R  
O A D H J K T C E S H O V E L  
W J A N U A R Y O E S A H S T  
M I T T E N S W E A T E R E L

BLIZZARD

BOOTS

COAT

COCOA

COLD

DECEMBER

EARMUFFS

FEBRUARY

FIREPLACE

FROSTY

HAT

ICE

ICICLES

JANUARY

MARCH

MITTENS

PLOW

SCARF

SHOVEL

SKIING

SLEDDING

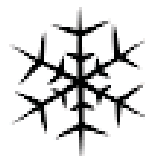
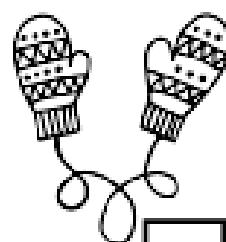
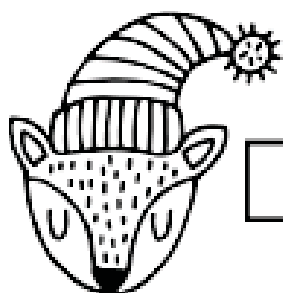
SNOW

SWEATER

WINTER



# WINTER



## **3 letters**

hat  
ice

## **4 letters**

coat  
cold  
melt  
snow

## **5 letters**

boots  
nippy  
scarf  
sleet  
slush  
snowy

## **6 letters**

chilly  
frigid  
gloves  
heater  
jacket  
shiver

## **7 letters**

flannel  
mittens  
sweater  
wintery

## **8 letters**


blizzard  
flurries  
hot cocoa  
slippery  
snowsuit  
solstice

## **9 letters**

fireplace  
Jack Frost  
longjohns  
snowstorm

## **12 letters**

freezing rain




# Whispers from Heaven


When i left this world without you  
I know it made you blue  
Your tears fell so freely,  
I watched; i know this is true.

While you were weeping  
Days after i passed away.  
While all was silent within me,  
I saw you kneel to pray

From this wonderful place called heaven  
Where all my pain is gone,  
I send a gentle breeze to whisper,  
“My loved ones please go on”.



The peace that i have found here  
Goes far beyond compare  
No rain, no clouds, no suffering  
Just love from everywhere.



You need not be trouble  
Just stay close to god in prayer  
Someday we'll be reunited  
My love, his love surrounds you always,  
Everywhere!



# Thomas Spinks

## A Tribute to a Retired Policeman

Tom, hailing from Texas, graced our presence briefly, leaving an indelible mark. He was held in high regard and cherished by all that knew him.

Tom found solace in the visits of his beloved wife, Heather, and cherished her homemade culinary creations.

May Tom Rest in Peace.



# Michael Cummins

Mick was a contagious generous soul. He loved the company of others. He loved a rum, a smoke and a really good chat. Mick was his jolly self right until his last days.

We hope you are kicked back enjoying a rum, a smoke and a good yarn up there Mick.

Breath Easy  
We miss you.



# Colleen Elsley

What a gorgeous lady.

Colleen enjoyed crumpets and fish paste!!

Colleen was stunning she cared about her appearance always.

She loved her husband Peter who she saw everyday without fail, her friends and family especially those Great Grandchildren.

Rest Easily Colleen  
We miss you.



# Lesley Leech

We miss you greatly Lesley.

You strode around Brigalow, almost dancing, busying yourself and always smiling especially when Bill came for lunch and tea.

Your kind gentle nature and winning smile and laughter echoed through our rooms.

Lesley you loved your family, loved people and loved life.

Rest Easy Lesley



# Janice Tyler

Janice was only with us a short time.  
One very strong independent woman.  
Janice endured great pain, however never  
complained about anything ever!

Janice loved the outdoors and being on the  
land.

It's not the same without you.

Rest in Peace Janice.



# Roger Mortimer

Roger seemed to have come from the R.M  
Williams Catalogue, but he was the real  
deal.

Spending his life working with cattle and  
horses he loved, managing the important  
Stock Routes around Goondiwindi, and  
being the best Husband, Dad, Grandad and  
Pop to his family.

A true Country Gentleman  
Rest Easy Roger.





*Kaloma*

# *Home Care Program*

Kaloma provides home-based care services to individuals who have been approved for home care packages, enabling them to remain in their homes for as long as possible.

## ***Approved Home Care Provider offering:***

- Consumer directed care meaning you select the services / support that you require
- Services tailored to fit within your individualised homecare budget
- Access to registered nurse support and fully trained care staff



For further information please contact

Joanne Sloss - 07 46 711 422

Email - [cacp@kaloma.org.au](mailto:cacp@kaloma.org.au)

# News from the Community

Hello



Welcome to our winter edition of the Kaloma chronicle for 2024.

The aim of Kaloma's home care program is to assist clients to remain in their own home while enabling and encouraging them to do as much as they are safely able to do for themselves.



Just a few reminders:

Infection Control- With the weather cooling off and the increasing number of bugs & germs getting around, it is very important that if you are feeling unwell or anyone living in the same household is unwell that you phone Coordinator Jo Sloss on 0411031136 to notify before staff enter your home. Even if it's only a sniffle it could be something more. This is so we can wear correct PPE prior to entering your home to help stop the spread of infections, to protect our staff and other clients. Also, to remember to speak to your doctor about getting your flu needle and Covid vaccination.

Budgets- any excess in client budget is carried over each month and the budget can only be used for services we can provide as a direct care need to assist clients to remain in their own homes

Eg - Personal hygiene, housekeeping, laundry, yard maintenance, Allied Health (as long as the provider has an abn) etc a piece of equipment ie: wheelie walker, pressure cushions ( an assessed need.)

If you exceed your budget, you will be charged a fee for service, please note this is if you have no excess in your budget. We try and keep a good watch on these and Jo will speak to you if it looks like you will exceed to see if you wish to reduce\ continue services with an out-of-pocket expense.

We also offer a fee for service if you are wanting extra services or top up etc.





Statements for Budgets- Are done in arrears as we must wait for the Department to accept our service claims for each client, then we can finalise\reconcile\ complete your budget and get copy to you. For example, Mays budget should be ready to deliver to you by middle\ end June, I apologise for the wait on getting the monthly statements out to everyone.



“We don’t stop playing because we grow old; we grow old because we stop playing” George Bernard Shaw

All clients are welcome to attend any lifestyle activities that are happening at Kaloma of a morning (9.30-11.30) in a group setting with Kaloma’s fabulous lifestyle team. Speak to Jo regarding costing of this great service we are lucky to be able to offer our clients in a group setting.

If you are requiring assistance to and from to please speak to Jo to arrange with some notice unless it is a set weekly occurrence in which case, it will be automatically rostered in for staff to assist.



Operating hours- Our Current operating hours vary Daily between 6.30am and 2.00pm weekdays and weekends, with these hours changing to suit client needs. Staff also work\assist in Kaloma when we have a gap in our home care schedule.

For After hours: If you have any questions or needing support outside these hours, please phone Kaloma and a message will be passed on as I don’t always have the phone on when I have finished for the day. However, if you can leave me a message and I will return it on the next working day as I am very busy after school with Miss Amelia and her extracurricular activities.

We thank you for your understanding.

If an EMERGENCY arises please call 000.



If you require assistance to an appointment or transport to a social lunch\outing, please give at least two weeks' notice so we can see if we are able to assist you with this as most days are pretty full assisting clients and our roster is done a month in advance and depending on the day you may need to make alternative arrangements however, we will endeavour to help as much as we can.

Care Gundy offers a great Medico service to assist people with medical appointments and it is only a gold coin donation which is a great alternative to save \$\$ on your budget. You can phone them on 07 46 700 700 to book.

A reminder that to avoid been charged for a scheduled visit that you cancel 24hrs in advance (unless medical emergency) You can do this by phoning Coordinator phone 0411031136. If staff arrive at your home and you do not answer\cancel on the spot then unfortunately you will be charged for the scheduled visit as mentioned in our client handbook and home care agreement. The same if returning home from leave please allow 24 hour notice for service to recommence.

By now you would have all met the lovely Rachel who has joined our home care team and is very capable to assist our clients with their needs. We are very lucky as have a fabulous group of home care staff members who always go above and beyond to assist our clients to remain at home. I thank them for their ongoing support, advice, and assistance which they offer myself.

“Growing old is Mandatory but growing up is optional” by Walt Disney

Until next time :

Take care and God Bless from your friendly home care team.

Jo-Anne (Coordinator), Laura (RN), Angie, Molly, Ben, Bec & Rachel





## A Friendly Reminder

Our staff assist with a Basic House Cleaning.

This consists of:

Vacuum throughout.

Wipe down of kitchen benches and cupboards.

Fridge wipe out and tidy (quick)

Cleaning of hand basin, shower recess and bath in bathroom (if there are two bathrooms the one that the client uses will be cleaned)

Clean toilet bowl, wipe over toilet (front sides down the back s bend)

Mop appropriate floors.

Dust - move ornaments and photos to the side to dust.

Sweep front and back entrance or patio.

No heavy furniture will be shifted for cleaning.

No reaching high above head due to WHS

If a client is wanting windows clean we can be arrange with a window cleaner ie Lewins cleaning.

If you have any questions or would like further clarification please contact Coordinator Jo Sloss.



# Infection Control Corner



Hello

Welcome to Kaloma's Infection Control Corner

Every year the cases of "flu" and other respiratory illnesses, including COVID-19, rise during winter, placing older people whose underlying health condition may be impaired at increased risk.

During winter, people tend to remain indoors more often, allowing viruses to pass more easily from one person to another.

The dryer air caused by warm, airconditioned rooms doesn't help.

This is why we need to remain vigilant and follow good infection control practices that minimise the spread of infectious diseases

If you're coughing and sneezing this winter, how do you know if you have a cold or something more serious?

Do you need antibiotics?

Are you contagious?

Preventing Infections

Handwashing

Cover your cough and sneeze - Use a tissue to cover your mouth and nose when you cough and sneeze. You can use your elbow if a tissue is not available.

Keep your distance from people that are sick.

Stay home when you are sick.

Clean and disinfect.



# Colds and flu

## Emergency Department factsheets



### About colds and flu

A cold is caused by a virus that affects the nose, throat and upper airways. There are more than 200 different viruses that can cause a cold. The flu (influenza) is caused by more severe viruses.

Adults usually have three to four colds each year. Children usually have more, as their immune systems are not as strong. While a cold can make you feel miserable, most cases will clear up in a week.

### What causes a cold or flu?

When someone with a cold or flu coughs or sneezes, they expel tiny droplets that can contain a cold or flu virus. These tiny droplets can spread the virus from person to person. A virus can also be spread by close contact, such as shaking hands or kissing someone who has a cold.

Colds and flu are more common in winter as people spend more time indoors with each other, which increases the chances of infection.

### What are the symptoms?

A common cold can cause a blocked or runny nose, red watery eyes, and a sore throat, coughing, sneezing and feeling generally unwell.

Uncommon symptoms include nausea and vomiting, headaches, swollen lymph nodes (glands), fever and a husky or hoarse-sounding voice.

With the flu, the symptoms come on more quickly and there is a fever, tiredness, headaches, muscle aches/pains, cough, shivering and feeling hot and cold. The nose is not as runny. Flu is unlikely to cause serious illness in healthy people.

People most at risk of serious illness are those who suffer from other chronic illness, have lowered immunity (from medications or illnesses), the elderly and those with respiratory diseases. Poor health and smoking cigarettes will make infections more likely and can make symptoms more severe.

### Treatment

Medical and nursing staff will examine you to ensure you have no serious illness. Your cold should clear up within a week, and is best treated at home.

### Home care

A virus cannot be treated with antibiotics. Your body's immune system will be able to fight the virus and can be helped in a number of ways.

- **Rest:** Have plenty of sleep and rest. Stay home from work or study and away from others while you have a cold or flu.
- **Take simple painkillers** such as paracetamol, to help relieve headaches, muscles aches and pains and fever. Check the packet or bottle for the right dose.
- **Keep hydrated** (drink plenty of fluids): This will help keep your throat moist and replace fluid lost due to a fever and sweating. Plenty of water is best, however juice and cordial are fine to drink in small quantities. Avoid tea, coffee and alcohol as they will make you more dehydrated.
- **Eat soft food:** Soft foods are easier to swallow. Foods such as chicken soup may help a sore throat and reduce mucous (sticky fluid).
- **Use nasal drops or spray:** This may help to clear a blocked nose in the short term (two to three days). Ask your health care professional what is best for you.
- **Use gargles and cough lozenges:** These can help soothe a sore throat.

- Do not give aspirin to children, unless advised by your doctor.
- Inhale steam: This may help a blocked nose. Put boiled water in a bowl with menthol, camphor or friar's balsam, then put a towel over your head and breathe in the steam through your nose and out through your mouth. Eucalyptus, tea tree oil, peppermint or inhalants may help to ease a stuffy head. Take care not to burn yourself. Do not use with children.

## What to expect

- Your cold is likely to last a few days but may last up to ten days. A cough may linger for three weeks.
- The flu can last ten to 14 days.
- Sometimes colds and flu can trigger asthma (in those with asthma).
- Sometimes a cold can lead to a bacterial infection. If this happens you may need antibiotics.

## Prevention

- Wash your hands every time you touch a tissue, sneeze or cough into your hand. Throw tissues away once you have used them.
- A flu vaccine is available but is not needed by most healthy adults. The vaccine may help elderly people and those with existing health problems. High risk groups, such as childcare workers and health professionals, should be immunised each year.
- There is no evidence that vitamins prevent colds. Do not give children vitamins unless advised by a doctor or health care professional.
- Regular exercise, a balanced diet and adequate sleep will help keep your immune system strong.

## Seeking help

In a medical emergency, go to the nearest hospital emergency department or call an ambulance (dial 000).

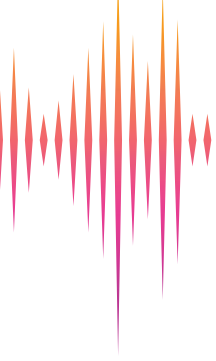
For other medical problems see your local doctor or health-care professional.

13 HEALTH (13 43 25 84) provides health information, referral and teletriage services to the public in all parts of Queensland and is available 24 hours a day, 7 days a week, 365 days a year for the cost of a local call\*.

\*Calls from mobile phones may be charged at a higher rate. Please check with your telephone service provider

**Disclaimer:** This health information is for general education purposes only. Please consult with your doctor or other health professional to make sure this information is right for you.

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# Kaloma Music Program

Hello Kaloma Family!



Halfway through the year already?

Where on earth did that time go!?

What a wonderful time was had by all at The Sound of Music show!

Many people were in the spirit of the day and came along dressed up in fabulous costumes.

We all watched with delight the unforgettable Rogers & Hammerstein classic and sang along with gusto to all the memorable tunes. We enjoyed hot nibbles and cups of tea during the show.

A perfect day really.

Thank you everyone for coming along & thank you to the staff who put in the work to make a day like this happen.

Next, of the resident's top voted, music theme of choice is the one and only ABBA!

We are so excited to tell you we have 'ABBA The Definitive Collection' ready for showing on the big screen. Turns out, this year is also the 50th Anniversary of ABBA winning the Eurovision Song Contest with 'Waterloo'! This song helped launch one of the most iconic music careers the world has ever seen. So, let's celebrate ABBA! Let's go back to the 70's and rock on with our groovy suits, bellbottom jeans, & disco-ready spandex catsuits!

Join us in song and celebration of ABBA, Wednesday 21st August 2024 in the Coolabah lounge.

Show starts 9am. Be transported for a moment with decorations, dress up's & hot nibbles for all to enjoy, just like a real show!

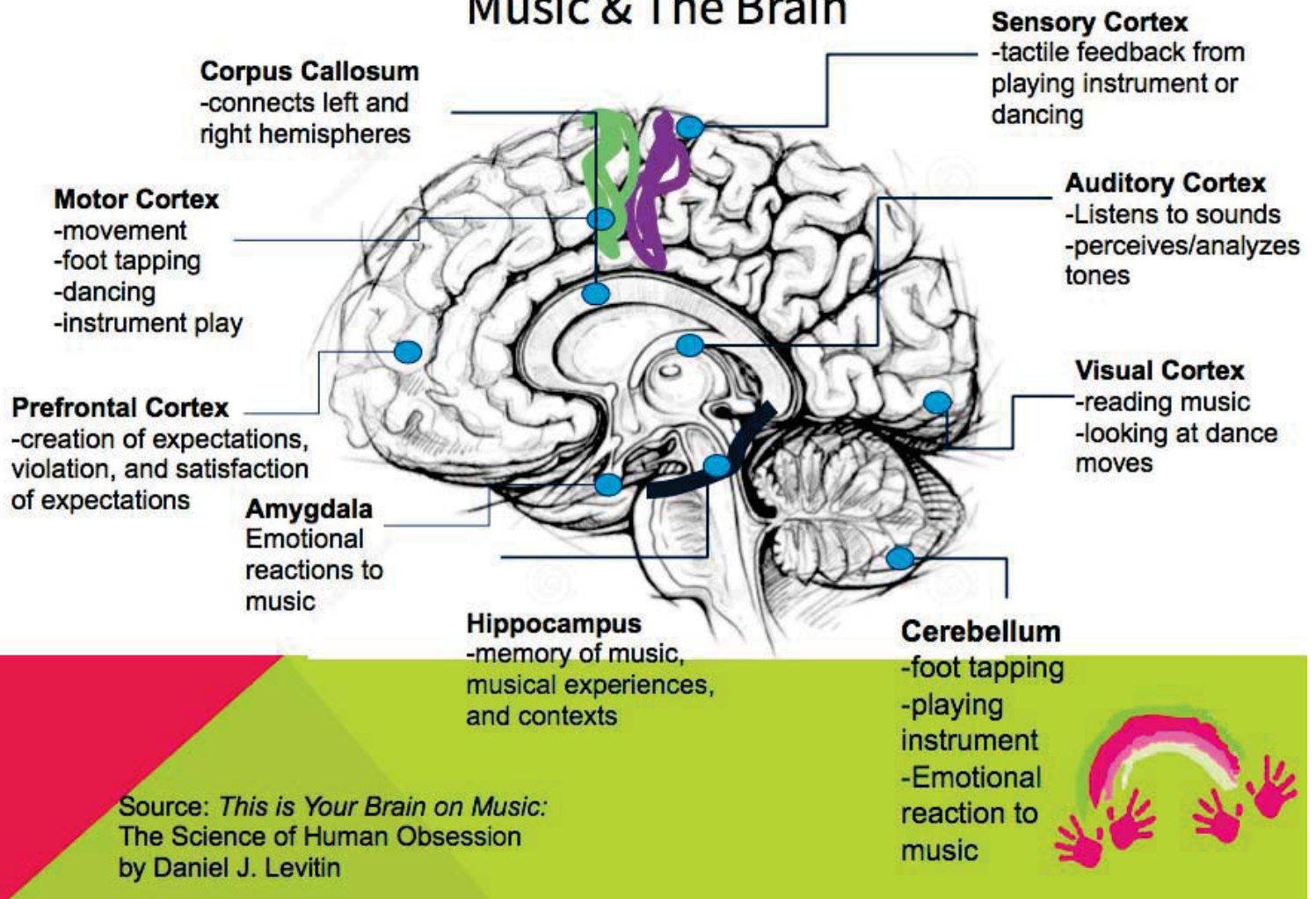


Until next chronicle, take care all!  
Kind regards, Janie Jackson - Lifestyle & Music.





## Music & The Brain



# Abba Did You Know

ABBA recorded songs not only in English but also in Swedish, German, Spanish, and French, among other languages, to cater to international markets.

ABBA was the first group to come from a non-English-speaking country to enjoy consistent success in the charts of English-speaking countries.

ABBA's music has had a lasting impact on pop culture, influencing numerous artists and musicals. The musical "Mamma Mia!" featuring their songs became a global phenomenon.

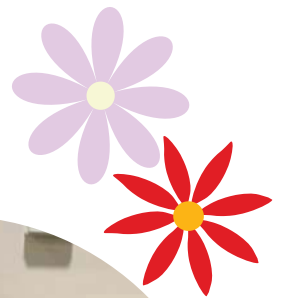
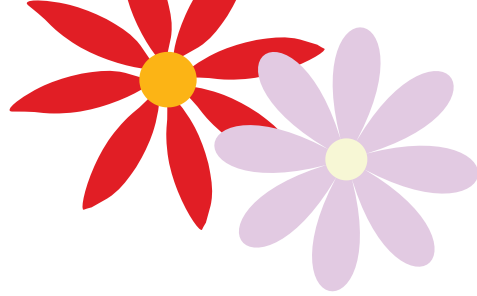
ABBA has sold over 150 million records worldwide, making them one of the best-selling music artists of all time, topping charts with hits like "Dancing Queen," "Mamma Mia," and "Take a Chance on Me."

Both couples within ABBA were married during the band's active years but divorced later. Agnetha Fältskog and Björn Ulvaeus were married from 1971 to 1980, while Benny Andersson and Anni-Frid Lyngstad were married from 1978 to 1981.

The outrageous stage outfits were an easy way to save money on their tax bill. ABBA exploited a Swedish law, which meant clothes were tax deductible if their owners could prove they were not used for daily wear.

ABBA's flamboyant costumes and iconic looks, often featuring bold colors and glitter, have influenced fashion trends and continue to inspire designers and performers.

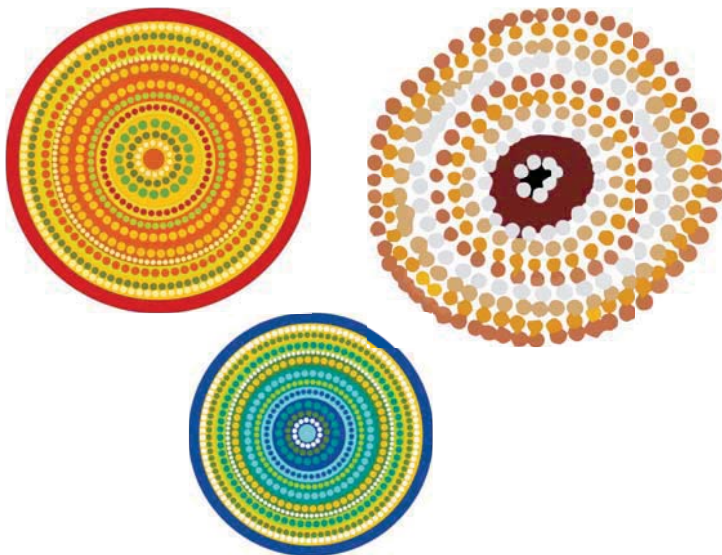






Kaloma acknowledge and pay respect to the traditional owners and custodians, the Bigambul people, on whose land we work on every day together.

We also wish to acknowledge and pay respect to all cultures and elders who have shaped and inspired the Goondiwindi Community in the past present and future.





**KEEP THE FIRE  
BURNING!  
BLAK, LOUD  
AND PROUD**

**7-14 JULY 2024**

National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth. You can support and get to know your local Aboriginal and/or Torres Strait Islander communities through activities and events held across the country.





This year's theme celebrates the unyielding spirit of our communities and invites all to stand in solidarity, amplifying the voices that have long been silenced.

The fire represents the enduring strength and vitality of Indigenous cultures, passed down through generations despite the challenges faced. It is a symbol of connection to the land, to each other, and to the rich tapestry of traditions that define Aboriginal and Torres Strait Islander peoples. As we honour this flame, we kindle the sparks of pride and unity, igniting a renewed commitment to acknowledging, preserving, and sharing the cultural heritage that enriches our nation.

"Blak, Loud and Proud" encapsulates the unapologetic celebration of Indigenous identity, empowering us to stand tall in our heritage and assert our place in the modern world. This theme calls for a reclamation of narratives, an amplification of voices, and an unwavering commitment to justice and equality. It invites all Australians to listen, learn, and engage in meaningful dialogue, fostering a society where the wisdom and contributions of Indigenous peoples are fully valued and respected.

Through our collective efforts, we can forge a future where the stories, traditions, and achievements of Aboriginal and Torres Strait Islander communities are cherished and celebrated, enriching the fabric of the nation with the oldest living culture in the world.





# NAIDOC History

## 1920s & 1930s

Before the 1920s, Aboriginal rights groups boycotted Australia Day (26 January) in protest against the status and treatment of Indigenous Australians. By the 1920s, they were increasingly aware that the broader Australian public were largely ignorant of the boycotts. If the movement were to make progress, it would need to be active.

Several organisations emerged to fill this role, particularly the Australian Aborigines Progressive Association (AAPA) in 1924 and the Australian Aborigines League (AAL) in 1932. Their efforts were largely overlooked, and due to police harassment, the AAPA abandoned their work in 1927.

In 1935, William Cooper, founder of the AAL, drafted a petition to send to King George V, asking for special Aboriginal electorates in Federal Parliament. The Australian Government believed that the petition fell outside its constitutional responsibilities.

## 1938

On Australia Day, 1938, protestors marched through the streets of Sydney, followed by a congress attended by over a thousand people. One of the first major civil rights gatherings in the world, it was known as the Day of Mourning.

Following the congress, a deputation led by William Cooper presented Prime Minister Joseph Lyons with a proposed national policy for Aboriginal people. This was again rejected because the Government did not hold constitutional powers in relation to Aboriginal people.

After the Day of Mourning, there was a growing feeling that it should be a regular event. In 1939 William Cooper wrote to the National Missionary Council of Australia to seek their assistance in supporting and promoting an annual event.

## 1940-1955

From 1940 until 1955, the Day of Mourning was held annually on the Sunday before Australia Day and was known as Aborigines Day. In 1955 Aborigines Day was shifted to the first Sunday in July after it was decided the day should become not simply a protest day but also a celebration of Aboriginal culture.

## 1956-1990

Major Aboriginal organisations, state and federal governments, and a number of church groups all supported the formation of NADOC, the National Aborigines Day Observance Committee. At the same time, the second Sunday in July became a day of remembrance for Aboriginal people and their heritage.

In 1972, the Department of Aboriginal Affairs was formed, as a major outcome of the 1967 referendum.

In 1974, the NADOC committee was composed entirely of Aboriginal members for the first time. The following year, it was decided that the event should cover a week, from the first to second Sunday in July.

In 1984, NADOC asked that National Aborigines Day be made a national public holiday, to help celebrate and recognise the rich cultural history that makes Australia unique. While this has not happened, other groups have echoed the call.

## 1991-Present

With a growing awareness of the distinct cultural histories of Aboriginal people and Torres Strait Islanders, NADOC was expanded to recognise Torres Strait Islander people. The committee became known as the National Aborigines and Islanders Day Observance Committee, NAIDOC. This new name has become the title for the whole week, not just the day. Each year, a theme is chosen to reflect the important issues and events for NAIDOC.

During the mid-1990s, the Aboriginal and Torres Strait Islander Commission (ATSIC) took over the management of NAIDOC until ATSIC was disbanded in 2004-05.

There were interim arrangements in 2005. Since then a National NAIDOC Committee, until recently chaired by former Senator Aden Ridgeway, has made key decisions on national celebrations each year. The national committee has representatives from most States and Territories.

# NAIDOC WEEK

P I K Y Y L D A E D A N V P M E W  
 C K Y P B E M I T M A E R D A R W  
 O J G G A Q C O R X V D B I T U M  
 D O Q H L K K Z A P Q P G D O T W  
 I I J I L X J G Z L T E O U T L J  
 A K R J A V B A K E A M I F E U G  
 N Y R Q W N L L B N J N S E M C U  
 P G G V I Z A F P E A C K T S I Y  
 N J T Z U G C D K U C A P E H N R  
 V Q E H Q F K S K F N P L W N Y J  
 W P C G K J W N I S R C A Y T P S  
 A N L K D K A N G A R O O T Z V S  
 N Z R Q W O L L E Y Z L A N D U G  
 N U H R E K C U T M Q I R J N Q H  
 A H R D E R Y X R K O T E F J F O  
 O D I D G E R D I O O B R C U D V  
 G K K A B O R I G I N A L A U U I

DIDGERDIOO	ABORIGINAL	DREAMTIME	KANGAROO
WALLABY	CULTURE	YELLOW	TOTEMS
GOANNA	TUCKER	DEADLY	NAIDOC
SNAKE	BLACK	FLAG	LAND
SUN	RED	ART	MOB

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



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



# 90 second mile-high Nutella Mug Cake

2 tbsp self-raising flour

2 tbsp brown sugar

2 tbsp cocoa powder

1/4 tsp baking powder

1 large egg

2 tbsp milk

1 tbsp oil

2 tbsp Nutella

double cream or ice-cream to serve

Chocolate Sauce to serve.



## Step 1

Combine the self-raising flour, brown sugar, Dutch cocoa powder and baking powder in a bowl.

## Step 2

Make a well in the centre and add the large egg, milk and oil. Use electric beaters to beat until well combined.

## Step 3

Spoon into a 435ml mug. Spoon the Nutella into the centre.

Microwave on High for 70 seconds or until risen.

Top with Double cream or ice-cream, to serve and drizzle with chocolate sauce, to serve.

# Chocolate, Hazelnut and Frangelico Tart

300g chocolate pastry

100 h unsalted butter

2/3 cup caster sugar

1/2 cup golden syrup

1/2 cup Nutella

2 eggs

2 tbs Frangelico or hazelnut liquor

1/2 cup roasted hazelnuts

Icing sugar, to dust



## Step 1

Grease a 36cm x 12cm loose-bottomed, fluted rectangular tart pan. Line the pan with the pastry, trimming any excess. Re-roll the pastry trimmings until 5mm thick, then use a fluted pastry cutter to cut into long strips and place on a lined tray. Place the pastry case and strips in the refrigerator to chill for 30 minutes.

## Step 2

Preheat the oven to 180°C.



## Step 3

Prick the pastry base with a fork, then line it with baking paper and fill with pastry weights or uncooked rice. Bake for 8 minutes, then remove paper and weights and return to the oven for 3 minutes or until crisp and dry. Reduce oven to 160°C.

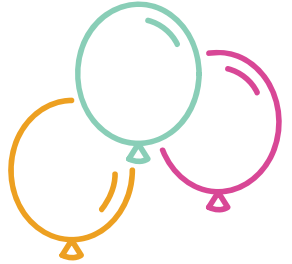


## Step 4

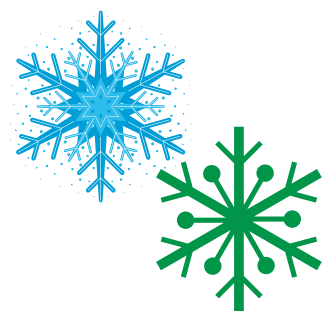
Place butter and caster sugar in a saucepan over low heat and stir until sugar has dissolved. Add golden syrup and Nutella, stirring until smooth. Set aside to cool slightly. Stir in eggs, Frangelico and nuts. Pour into pastry case, then arrange pastry strips in a lattice pattern on top. Bake for 45 minutes or until filling is set.

Cool, dust with icing sugar, slice and serve.









# Word Search

## WINTER WONDERLAND



S	F	I	C	E	S	K	A	T	I	N	G		
L	R												
E	O	H	O	T	C	H	O	C	O	L	A	T	E
D	S	N	O	W	F	L	A	K	E	S	S		
D	T		S		O	S	I	G	L	O	O	S	R
I	S	I	C	N		N			R		N	A	
N	N	C	A		O	O	D	F		I	E	C	
G	O	I	R			W	K	E	U	B		O	L
	W	C	F			C	B	G	R			L	
M	M	L			A		N	A		L	I	D	
A	A	E		J		E	L		L	H	A		
G	N	S			P	O			C	L		N	
I		J	U	M	P	E	R						D
C					F	I	R	E	P	L	A	C	E

Jack Frost

Polar Bear

Frost

Jumper

Sledding

Wonderland

Fireplace

Chill

Ice Skating

Hot Chocolate

Cold

Igloo

Snowflakes

Penguins

Snowman

Snow

Magic

Scarf

Snowball

Icicles

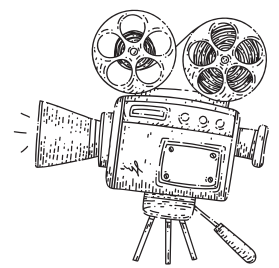
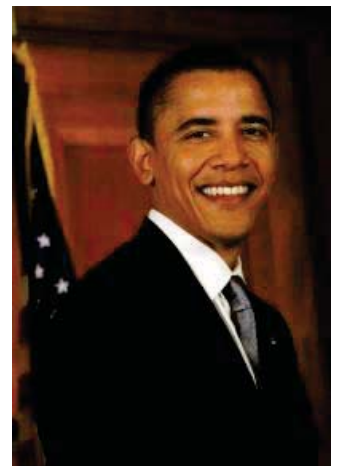
# Who Am I



He began his career as a dancer appearing in Disneyland's parades as Prince Charming from Cinderella (1950). One of the many Cinderellas he danced with was Michelle Pfeiffer.

He was an American actor, dancer, choreographer, singer, songwriter and film producer known for playing distinctive lead roles, particularly romantic, tough and comedic characters.

Back in 1991, he was named by People Magazine as the "Sexiest Man Alive."



After graduating from Columbia University in 1983, he worked as a community organizer in Chicago. In 1988, he enrolled in Harvard Law, he then started to work for the Harvard Law Review. Scholars and historians rank him among the upper to mid tier of politicians.

She was an American actress, comedienne, and producer. She was nominated for 13 Primetime Emmy Awards, winning five times, and was the recipient of several other accolades, such as the Golden Globe Cecil B. DeMille Award and two stars on the Hollywood Walk of Fame. In 1962, she became the first woman to run a major television studio, Desilu Productions, which produced many popular television series, including Mission: Impossible and Star Trek.

Hollywood



- 1 Always Stay Active
- 2 Don't Forget to Drink Water
- 3 Avoid Stress Situations
- 4 Eat Healthy Foods
- 5 Sleep Well
- 6 Stay Hydrated
- 7 Wash Your Hands Regularly
- 8 Pamper Your Skin
- 9 Get Your Flu Shot
- 10 Fill Up on Fiber
- 11 Winterise Your Gear



# Winter in Australia

**Uluru**  
Formed 600 million years ago Uluru is powerfully sacred to traditional owners and one of the ultimate Australian symbols. If you've never been there, go.

**Kangaroos**  
Kangaroos are mainly seen at dusk and dawn though you can see them during the day in some locations. Red Kangaroos found in the north can be up to 1.8 m tall, weigh up to 90kg, cover up to 10m in each leap and fly as high as 3m in the air.



**The Great Barrier Reef**  
As the largest living thing on the planet this literally stands alone as an attraction and is still lovely to visit in winter when you can swim, snorkel, dive, sail or just relax without the crowds.

**Winter in Australia**  
Winter in a great time to discover Australia. With temperatures ranging from 6°-26°C the choice is yours to explore Oz. North Queensland is a great place to experience over winter - it's the best time of year to see the Great Barrier Reef, and with warmer temperatures you won't be missing out on sunshine.



# Days & Months Letter Scramble

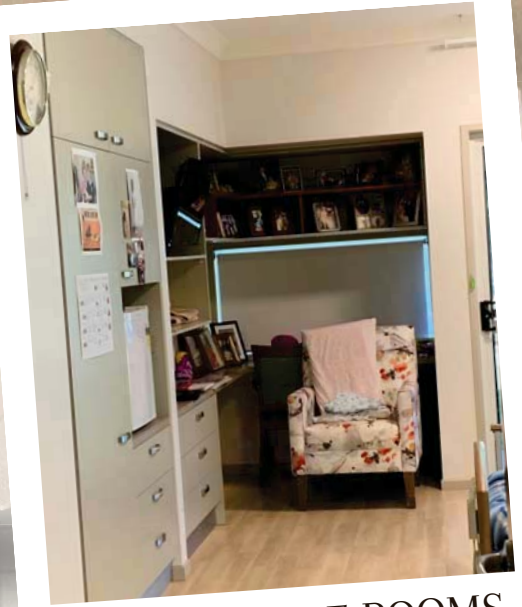
Unscramble the days of the week and months of the year!

Question	Answer
1 yadnus	:
2 firyda	:
3 manody	:
4 ratausdy	:
5 seayutd	:
6 hadtyrus	:
7 eeddsyawn	:
8 charm	:
9 enju	:
10 staguu	:
11 lyju	:
12 janyrue	:
13 rreaufyb	:
14 yam	:
15 rapli	:
16 mberdcee	:
17 mbnovere	:
18 tocbore	:
19 betpemser	:
20 List the days of the week in the correct order	:
21 List the months of the year in the correct order	:

Care



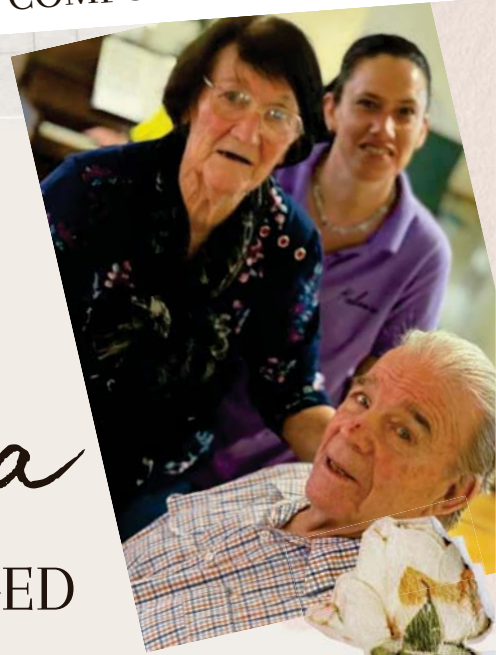
Modern  
Facilities



COMFORTABLE ROOMS



CONNECTION



# Kaloma

HOME FOR THE AGED

Freedom



Spacious gardens



Happiness

KALOMA

# NOTICEBOARD

## VISITOR MEALS

IF YOU WOULD LIKE TO  
HAVE LUNCH WITH  
YOUR LOVED ONE @  
KALOMA, PLEASE ORDER  
& PAY BEFORE 10AM  
WITH ADMIN STAFF  
MEALS COST \$15

UNFORTUNATELY WE  
CANNOT CATER FOR  
LARGE GROUPS

## UNCLAIMED/UNMARKED CLOTHING

If your loved one is missing items of  
clothing, please speak to a Supervisor  
or Admin Staff.

Clothing labels can be ordered by  
Admin at a cost of:

50 labels - \$65

100 labels - \$130

This includes the application of  
labels by Laundry Staff

## Change of details:

If you have changed  
your address or  
contact details,  
please advise our  
admin staff to  
ensure all records  
are kept up to date

## Kaloma Information

If you have any  
family members who  
wish to be placed on  
our email notification  
list please let Admin  
staff know

## HAIRDRESSER PRICE LIST

CUT \$25

SHAMPOO & SET \$25

COLOUR \$50

PERM \$95

## Residents Petty Cash

Please ensure that your  
loved ones account is  
topped up regularly. This  
account is used for  
haircuts, outings and other  
miscellaneous items your  
loved one may want.

## INCOMING FOOD

Please sign in ALL  
incoming food for  
your loved ones in  
the 'Food Register'  
located at  
Reception

# Feedback and Complaints



**LEAVE US A FEEDBACK  
USING YOUR MOBILE PHONE**



This is a QR code - you can scan it with a QR code scanner  
(Search 'QR Scan' in your smartphone's app store)

Kaloma Home for the Aged

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