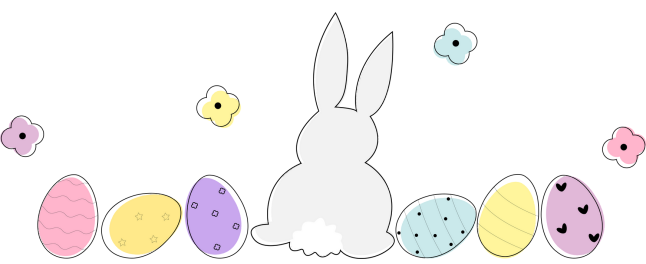




Kaloma Chronicle

hello
AUTUMN

2024





Director of Nursing / Facility Manager Report



Dear Residents and Family Members,



Welcome to 2024, even though we are 3 months into it already, how fast that has gone for all of us!

Unfortunately, Christmas wasn't quite as busy for us this year and we had to cancel our annual Christmas Party due to a Covid outbreak which lasted for the 2 weeks leading up to Christmas. It always seems to be out luck that we go into an outbreak right when something exiting and joyous is happening.

In the same year we had to cancel our Easter Egg hunt too.

Covid appears to have settled down in news reports and amongst the public (plus we are all very tired of hearing that word), however it is forgotten that places such as Kaloma and other businesses are still impacted significantly multiple times a year by Covid. This is why we still ask that all visitors stay away if unwell and all residents isolate in their rooms and alert staff if they become unwell.





Beside the loss of human life (which is devastating for families and staff) the financial impacts of Covid pose a significant risk to any business including Kaloma. Many people are unaware the government has taken away funding to facilities to manage the impacts of covid. This means places such as Kaloma must now absorb this into “business as usual costs”. This may not sound too bad for some people, however one outbreak has cost Kaloma \$120,000 over a period of 2 weeks.



Fortunately, at the time we got reimbursed by the government, however as I just mentioned, this is now being taken away and we will no longer receive any reimbursement for outbreak expenses. Instead a small monthly supplement will be paid per person per year to Kaloma, this equates to approximately half of the cost of an outbreak. If we are to have more than one outbreak in 12 months (which in the past, we average 3) then we are already running behind on expenses.




On a lighter note, Kaloma looks forward to the future and is always looking at more ways to create income and funnel it back into the care of the people who live here.




Currently we provide garden and lawn maintenance for anyone in the community at a competitive rate, not just home care clients. Those looking for lawn and garden maintenance are encouraged to give us a call and our reliable and trustworthy garden and maintenance team will be in touch.






If you see Kaloma out and about conducting business unrelated to aged care please be reminded the purpose of doing so is to drip feed funds and back into our facility to supplement and support our income.




Kaloma is a registered Charity and Public Benevolent Institution (PBI) for the purposes of Aged Care. Provided all money we make goes back into our “main purpose” (which is Aged Care) then we can make money any way we like, including via commercial means.



Keep in mind this is all to support the bigger picture and to allow us to prop up and support our facility moving forward. Government funding alone simply isn't enough and as a charity we rely on donations as well which is why the Board do their Annual Charity Golf Day in July.

This year the Goondiwindi Medical Centre have generously offered to sponsor our Golf Day as part of their continuing and unwavering support for Kaloma.



Thankyou !

That's enough from me, I am sure you are all eager to move along to exciting part of the Chronicle and see all the pictures we have collected over the last few months.

Until next time, have a great Easter.

Tenneille



Happy
Easter



Welcome

RESIDENTS

Wally Death
Ann Webster
Janice Tyter
Frank Piedl
Bev Baguley
Eleanor Hart

NEW STAFF

Sarahna Matchett - PCA	Megan Angel -
Anna Larawan - PCA	Lifestyle
Henry Cilento - PCA	
Josephine Martinez - PCA	Belinda Trehearn - RN
Marian Macalalad - PCA	Teresa Wales - RN



Safety and
Maintenance



Personal Carer

Who is Who at Kaloma



Housekeeping and Catering



Lifestyle



Homecare



Nursing and Supervisors

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



Lifestyle News

From us to you

Can you believe its newsletter time again....

Where is the time going, I cant keep up!

“Am I too old for the Gig?” I have been told that!

Let's see what I can share with you Since our last newsletter we have had Christmas which sadly came with an outbreak of Covid.... That meant we couldn't go ahead with our Resident Christmas Party.

Very disappointing however our understanding residents were forgiving, and got on with life in this weird world that we live in.

We did however have a great New Years Eve Party, our Midnight is 3pm perfect time to count down and sing auld lang syne there was good food, drinks, lots of props and plenty of well wishes for 2024.

We have said goodbye to Fr Herme, our New Catholic Priest Fr Bony Abraham (Fr Bonnie) comes with his wonderful volunteers the first and third Tuesday of every month, at 11am. If you would like to attend the service you are more than welcome.

A visit from Border Vets with their dog was very welcomed, we are hoping that we can bring back “Vets and Pets” on a regular basis.

Thankyou Astrid for organising this to happen.





All our volunteers have been as loyal as always.


Margie playing the piano, Allan, Sue and Terry, Tracy, Denise our Bingo caller, the wonderful nail ladies, Donna, and Karen doing massages in between doing marathons in Tokyo.

John Guyer every single day, Emily, Phil Oshea made a massive comeback last week it was so good to have Phil in the building again.

We are so grateful for all our volunteer's life is better with them in it.

Off we went in our armchairs to Sri Lanka in January, took in some cricket while we were there.

The residents meeting is the third Thursday of every month at 11am. Family and friends are welcome to attend this also. The minutes of the meeting are available as well.



Its on the bus and out and about to deliver Meals on Wheels once a month, our turn last week. We beetled off around 11.30am takes us two hours by the time we pick up lunch (usually hot chips) and get back.

Brolga had takeaway Chinese for lunch last week, Warrigal are having it on Wednesday.....it's a hit...!

Pianola sessions are Saturday mornings with Kay, this Saturday some new rolls were introduced and a the loungeroom was alive..... with music.

The Pianola has had its service and it running like new.....



On the 14th of February it just so happened Tom Spink, and Lane had a birthday as well as it being Valentines Day, this called for a party under the trees. There was a little sprinkle of rain, our gorgeous fig trees provided us enough shelter to be able to stay outside. Lots of party (Junk) food, and fun was had.

The girls have been having chair yoga sessions the residents are loving that.

Norm Batterham along with Kay has got us all playing draughts (Norm had to teach me how to play again)

There's interest in the Irish Dancing that's coming to town on the on the 2nd of April "A taste of Ireland".

We will go with the Resies if anyone would like to come with us give us a call. 0429392292.

We have our beautiful new bus!!!

It has changed our lives; we will be forever grateful.

The bus is everything we thought it would be. We have been out and about so much.

So, coming up there is our Sound of Music Day, our wonderful Music and Memory Coordinator Janie is organising this is on the 20th March starting at 9am if you would like to come and be part of the day we would absolutely love it.

There will be a few Julie Andrews in the building and the Walls will be alive with music!!!



Easter Bunny is coming on the 27th with an Easter Hunt, Bozo Bus,
Face painting, more and more.

Care Goondiwindi are helping support this morning from 9.30am
until 11.30am.

There is a raffle at the front desk if you would like a ticket. We will
draw on the 27th at the Hunt.

We welcome Megan Angel, and Bec Turvey onto the lifestyle team.
We are very excited to have Megan and Bec come and play with us.
Megan is very shy, but not for long!

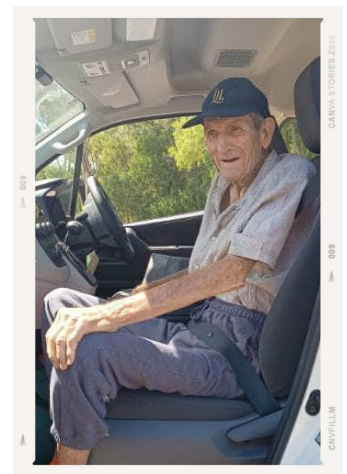
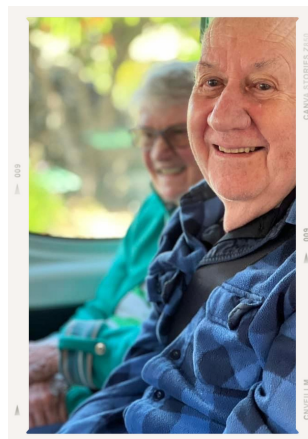
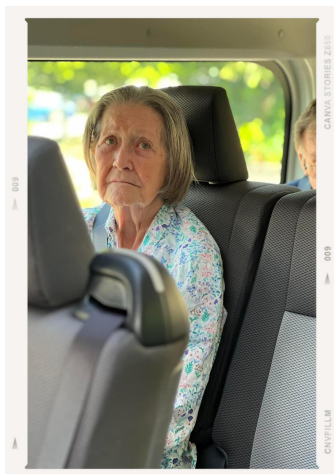
I think that is nearly all that I have to tell you!

A massive thankyou to our wonderful community for all of your
support there's a reason we call it GUNDERWONDERLAND.....

Until next time

Big Love

Bec, Astrid, Kylee, Deb, Kay, Bec T, Di, Zoe, Lindy and Megan



THE SOUND OF MUSIC

FULL MOVIE
COSTUMES
HOT NIBBLES
DRINKS

COME JOIN US!



WEDNESDAY MARCH 20TH
9AM COOLABAH LOUNGE

A decorative header featuring watercolor-style clouds in shades of blue and white, and a bright yellow sun in the upper right corner.

Easter

EGG HUNT

WEDNESDAY 27TH MARCH

9.30 until 11.30 at
Kaloma Home For The Aged
16 Gough Street
EASTER BUNNY WILL BE
COMING

Please RSVP to 0429392292
Bring along your basket





Smile 😊



Let's Celebrate





March

3rd Lesley Leach

3rd Enid Bulmer

5th Col Stride


5th Violet Durkin

5th Ann Webster

10th Marilyn Sinclair

17th Cathy Penrose

26th Don Obrist



Upcoming Resident Birthdays

April

11th Colleen Elsley

14th Margie Cross

15th Edith Preston

22nd Diana Sheinberg

23rd June Clancy

May

1st Wendy Dougherty

5th Clive Everingham

16th Alma Clarke

27th John Hickman

27th Jay Upton

28th Reg Owens

28th Gwen Graham



Happy Birthday



Upcoming Staff Birthdays



March

3rd Marion Esguerra

9th Astrid Littlewood

15th Josephine Martinez

19th Lindy Pavlicevich

20th Kylee Ash

24th Beth Barker

29th Annette Ryan



May

4th Mary Hilton

6th Molly Cox

7th Sarahna Matchett

10th David ter Hedde

11th May Casillano

20th Jesfer Anquilo

20th Jean Evasco

24th Tyson Raymond

28th Rebecca Heitzmann



April

6th Sharon Smith

11th Rhona Licanda

11th Lily Robson

13th Henry Cilento

14th Judi Batterham

14th Nita Magnay

18th Kay Schmidt


28th Gracie Fairbanks

30th Richard Go Cabo Chan



HAPPY

birthday



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!



John Stehr

John was a well known member of the
Goondiwindi Community.

John in his later life lived in the Independent
Living Units located at the top of Kaloma. This
was also near his beloved golf course.
Johns failing health meant that he would move
into Kaloma as his care needs increased. John
was a positive spirit. A real gentleman.
He will be remembered fondly and missed
dearly.



Rest in Peace John

Elsie Shaughnessy

Our beautiful Elsie.



We will cherish the time we had with
Elsie.

All that crossed her path fell in love with
her.

Elsie brought joy to those around her with
her soft nature, smile and kindness.

We hope you are smiling brightly up
there Els.

We miss you dearly.

Carolyn Farrell

Carolyn was devoted nurse to our Goondiwindi hospital and community.

With failing health and the onset of dementia Carolyn moved into Kaloma.

Carolyn was loved by her peers and family - especially her devoted husband Terry. Both Carolyn and Terry became a part of the Kaloma family.



We miss you both.
Breathe Easily Carolyn

Tom Turvey

Tom moved to Kaloma from his property at Weengallon.

Tom adjusted well to life at Kaloma though he missed country living.

Tom loved singing, horses, farming, friends his faith but most of all his beloved family - who he adored.

Tom is deeply missed and will be fondly remembered.



Valmai Woodbridge

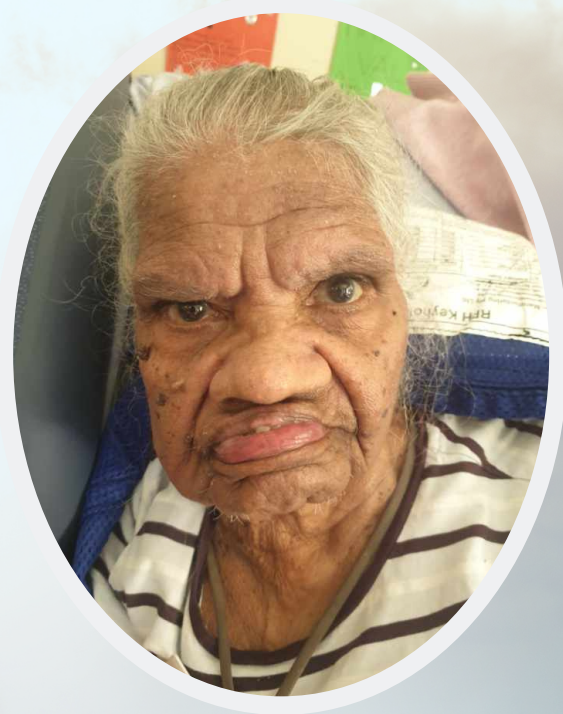
Valmai managed her life at Kaloma well.
Valmai was easily pleased and and happy,
gentle soul.

She was respected by all.

Valmai loved her people, family and culture.

Valmai particularly liked to draw, colour and
craft. She especially loved having her
fingernails done.

Rest Easy Valmai.



Valerie Ash

Val was one of our long term residents.
Up until the day she passed, Val loved
her hair to be done, beads and earrings
on, lipstick on to match her beautiful
smile and dressed up to the 9s.

Val was a huge part of what happened in
Kaloma life as she was always a part of
everything that went on.

A lover of black cats (lollies)!!

We hope you have your lippy on Val.
Enjoy chewing those black cats



Beryl Pearcey

Beryl came to us in 2017.

Beryl kept to herself for a long time but it came out eventually that she was once a DON of an aged care facility!

Beryl fitted in well too Kaloma life. She made friends, helped others and was a huge part of what happened daily.

Beryl was a strong and resilient lady that she proved time and time again.

She adored and loved her family just as they did back to her.

We will miss you Beryl.
Rest Easily.



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

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


News from the Community



Hello and welcome to our Autumn edition of the Kaloma Chronicle!


As I write this on the first day of Autumn it is 40 degrees, it has been a very hot and long summer. I have been listening to people who have said the weather patterns have been strange and the humidity worse. We have been lucky to have that rain earlier in summer too.


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. We are here to offer any help you may need to assist you to remain at home for as long as you can. By excepting a little bit of help when you first need it, will help promote your confidence, conserving your precious energy for the tasks you can perform independently.




IMPORTANT INFORMATION:

It is very important that if you are feeling unwell or anyone in your household living with you, is unwell that you phone Coordinator Jo 0411031136 to notify us before staff enter your home. For example: flu like symptoms (runny nose, cough) have had gastro during the night before (vomiting and/or diarrhoea). This is so we can wear correct PPE to help stop the spread of germs to other clients and staff. As we are a very small team if we all go down sick, we will have no one to assist you therefore we appreciate your help with keeping us all safe. Don't forget to speak to your doctor about having the flu needle before winter if you normally have it.








In line with Government approved charges and ongoing inflationary price rises, we have had to increase our prices for Home Care Services as of the 1st April. This is after the Government has already approved an increase in Package and Care Management Prices for provides from July 2023 in line with this increase Home Care package subsidies which were increased also from July 2023. Kaloma has delayed a price increase for 9 months, we are well under the approved rates to give our clients the value they deserve, while keeping out Home Care Program Viable. A letter had been sent out to all clients and their representatives with the changes to our fees schedule early in March and I will be going out to visit all clients with updated budget during March to discuss if this will impact clients personally, discuss current services and any changes that may be required.



If you are not going to be home during a regular scheduled visit, do not answer the door and fail to let staff know 24hours in advance then unfortunately you will still be charged for the scheduled appointment time as outlined in client handbook and home care agreements as staff member has been rostered to attend to your care needs. Please note that sometimes staff maybe a few minutes earlier to your scheduled visit and could be a little later depending on prior appointments. While we aim to arrive as close to the time as possible circumstances can arise which will impact this.






House Cleaning: Just a reminder that staff do a Basic house clean which consists of: cleaning bathroom & toilet, tidying kitchen – wiping over cupboards, benches, doing dishes, dusting, vacuuming and mopping floors and changing bed linen and assisting with washing.

We would like to remind all our clients that any excess in their budget is carried over each month and the budget can only be used for services we can provide to assist the client to remain in their own homes for example: Personal hygiene, meals, house keeping, laundry, mowing lawns, gardening, ironing services, physio (as long as the provider has an abn) etc a piece of equipment ie: wheelie walker, pressure cushions as long as it is an assessed need . Larger items like mobility scooters, electric beds etc will need to be on a hired basis. It cannot be used to pay bills, medication, rents/mortgage, cashed out or used for a holiday. If you exceed your excess in your budget, you have the choice to reduce services or you can pay a fee for service for any assistance over your allocated funding whilst you wait to see if eligible for a higher-level home care package.

Just a reminder that monthly statements are now sent out in arrears as we must wait for the Department to approve before we can finalise\ complete your budget and get copy to you. For example, January budget should be ready to deliver to you by end February. Any client unspent funds are now held by services Australia.





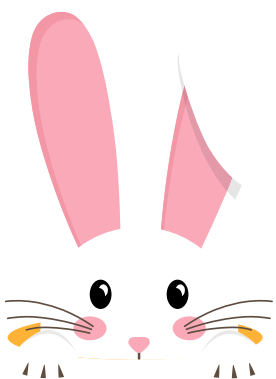
I sent a letter out at the of the start of February enquiring what services clients would like for the upcoming Easter public holidays, Anzac Day and the show holidays in April and May, thank you to everyone who has returned this already. If this could be returned by the end of march that would be appreciated for staff rostering. I will be away for the week after Easter as I will be watching my niece and nephew (it has been a few years since I have had a child in nappies) however I know you will be well looked after with Molly, Angie, Bec and Ben at the helm.

To suit our current clients' needs our operating hours are Monday to Friday 6.30am until 2pm, weekends and public holidays 6.30am until 1pm. Please note that if you phone outside these hours I may not receive the message until the next working day as I don't always have to phone with me. If you require assistance after these hours due to emergency, please press your emergency alarm or phone 000.

Until next time

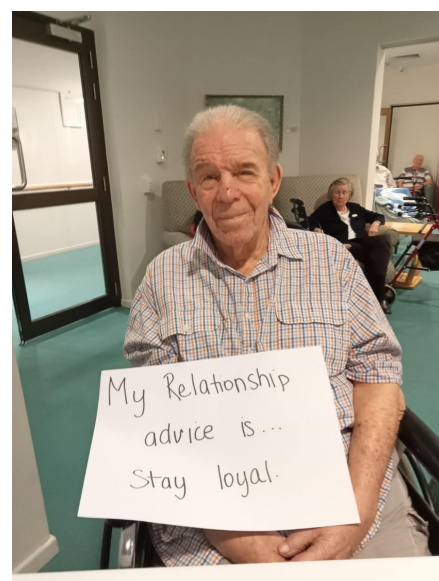
Home care coordinator Jo, Home care Rn Laura, our fabulous home care staff Molly, Bec, Angie and Ben.

HAPPY
EASTER





Valentine's
Day



XOXO



Easter Around the World

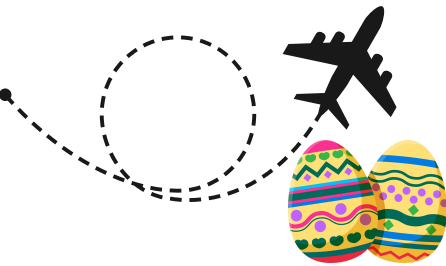


America

Eating Ham and Devilled Eggs
The wearing of Easter Bonnets.



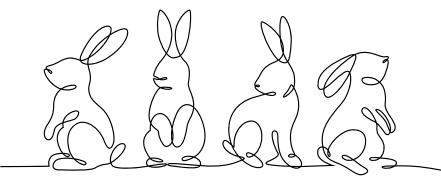
New Zealand and Australia
Easter favourite - Hot Cross
Buns



North-western Europe

In some parts of Europe, people will celebrate Easter by striking a match. In Northwestern European communities it's common to kick off a two-day celebration that begins on Sunday by starting a bonfire.

These fires are aptly named Easter Fires, and they were originally set to help chase the darkness of winter away.



Greece

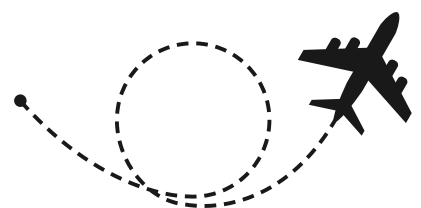
those who celebrate Easter through the Orthodox church forego the typical mix of colors when it comes time to dye eggs, instead focusing on a singular shade: red.



Ethiopia

Practice a period of fasting similar to Lent in the Western Church.

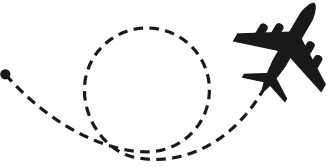
Chrisitinas in the region celebrate Fasika which is the Amharic word for Easter and this refers to the 55day period of time leading up to Easter Sunday. During this time all meat and animal products are off the menu until after Sunday service when Faskia ends with a rousing celebration full of food, dancing, and family.



Bermuda

Celebrating Easter is a weekend affair for those who live on the British island of Bermuda.

Festivities begin with the Good Friday KiteFest,



Papua New Guinea

Papua New Guinea has found a creative replacement for chocolate Easter eggs, which wouldn't last long in the heat.

They use trees and branches near churches as hooks to hang tobacco and cigarettes, which are then given to congregants after church services on Easter Sunday.



Germany

Dancing is prohibited on Good Friday in Germany. Nightclubs, where people would usually dance on Friday nights, are forced to close of risk being fined.



Italy



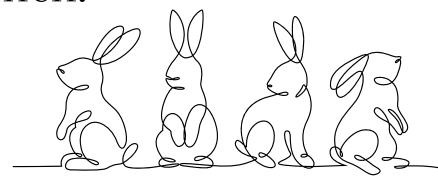
In Florance locals celebrate a 350 year old tradition knwn as Scoppio Del Carro or 'explosion of the cart'. This dates all the way back to the First Crusade.

An ornate cart is loaded with fireworks and then led through the streets by people in colorful 15th century costumes. Once the cart reaches the Duomo, the Archbishop of Florence lights a fuse from inside the church during Easter mass, sparking a lively fireworks display.

Haux in France

The people of Haux in France make an enormous omelet on Easter Monday.

They use over 4,500 eggs and feed up to 1,000 people. Each family breaks the eggs in their homes in the morning and then they come to the main square where the eggs are cooked for lunch.



EASTER

Word Search Puzzle

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

BUNNY
LAMBS
APRIL
EGG HUNT
EASTER
DYE
RESURRECTION
SPRING
CHICK
BASKET
DAFFODIL
HOP
SUNDAY
GRASS
HIDE
JELLYBEANS
EASTER EGGS
CANDY



Loaded Caramilk Easter Brownies



230g packet Cadbury Caramilk Easter Eggs

1 cup plain flour

1 1/2 cup caster sugar

1/2 cup firmly packed brown sugar

3/4 cocoa powder

180g unsalted butter, melted

3 eggs, lightly whisked

1 tsp vanilla extract

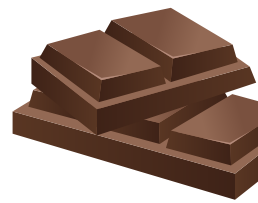
Cadbury Caramilk Eggs - to decorate

Assorted chocolate eggs -to decorate

Chocolate rabbits to decorate

Step 1

Preheat the oven to 160C/140C fan forced. Grease a 20cm (base measurement) square cake pan and line with baking paper, allowing the paper to slightly overhang the sides. Coarsely chop 100g (about 14) Caramilk eggs.



Step 2

Combine the flour, caster sugar, brown sugar, cocoa, butter, egg and vanilla in a large bowl until well combined. Add the chopped Caramilk eggs and fold through. Spoon the mixture into the prepared pan. Bake for 55 minutes or until crumbs cling to a skewer inserted into the centre. Set aside in pan to cool completely. Remove brownie from the pan.

Step 3

Melt 55g (about 7) of the remaining Caramilk eggs in a small heatproof bowl over a saucepan of simmering water (make sure the bowl doesn't touch the water). Drizzle the melted Caramilk over the brownie. Top with the remaining Caramilk eggs and assorted chocolates. Set aside until set then cut into pieces to serve.



For the Fallen



With proud thanksgiving, a mother for her children,
England mourns for her dead across the sea.
Flesh of her flesh they were, spirit of her spirit,
Fallen in the cause of the free.

Solemn the drums thrill; Death august and royal
Sings sorrow up into immortal spheres,
There is music in the midst of desolation,
And a glory that shines upon our tears.

They went with songs to the battle, they were young,
Straight of limb, true of eye, steady and aglow.
They were staunch to the end against odds uncounted;
They fell with their faces to the foe.

They shall grow not old, as we that are left grow old;
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.





They mingle not with their laughing comrades again;
They sit no more at familiar tables of home;
They have no lot in our labour of the day-time;
They sleep beyond England's foam.

But where our desires are and our hopes profound,
Felt as a well-spring that is hidden from sight,
To the innermost heart of their own land they are
known

As the stars are known to the night;

As the stars that shall be bright when we are dust,
Moving in marches upon the heavenly plain;
As the stars that are starry in the time of our darkness,
To the end, to the end, they remain





They shall grow not old,
as we that are left grow old;
Age shall not weary them,
nor the years condemn.
At the going down of the sun
and in the morning
We will remember them.

Response:

We will remember them
Lest we forget













Saint Patrick's Day is on the same day every year.
It falls on 17th March.



This is the day when Saint Patrick sadly died.
Saint Patrick's Day is celebrated in Ireland!



However, it still gets celebrated all across the world.

Saint Patrick was born in Britain, during the Roman period.



However, he was taken to Ireland to become a slave, against his
own will.



After he was free, Saint Patrick became a priest and was later made
the first bishop of Ireland.

It is believed that he brought Christianity to Ireland.



Rumour has it, Saint Patrick drove all of the snakes out of Ireland.

We're not sure if it's true though...

Snakes don't tend to live in places like Ireland!



Did you know that the shamrock is a symbol of Ireland and also
Saint Patrick's Day?

There will be lots around during the celebrations.



It is a type of clover and usually has 3 leaves (unless you're lucky).

The three leaves are meant to stand for faith, hope and love.



It's really lucky if you get one with four leaves. It is meant to bring
you lots of luck!





On St Patrick's Day, people love to dress up!
One of the most popular costumes is a leprechaun.
Leprechauns are known as mythical fairy creatures.

It is said that they have a pot of gold hidden away and if you capture a leprechaun, he has to tell you where it is!



St Patrick's Day often gets celebrated around the world.
Every year the Chicago River is turned green to celebrate!
In fact, they have been doing this since 1962.



Usually there are Saint Patrick's Day parades where everyone will come together to celebrate.

However, due to the pandemic, it has been moved online this year.

You should always wear green on Saint Patrick's Day!

It is believed that if you wear green then you will be invisible to leprechauns.



If you aren't wearing green, then a leprechaun will see you and pinch you!

This is why it has now become a tradition to pinch anyone who isn't wearing the colour green.

Make sure you don't do it too hard. Ouch!

What is a celebration without all of the yummy food?

Some of the most traditional Irish foods include shepherd's pie, corned beef and cabbage and Irish soda bread



Infection Control Corner



Hello

Welcome to Kaloma's Infection Control Corner.

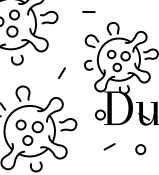
Elderly individuals, particularly those aged over 70, are more vulnerable to infections due to various factors:

- Poor nutritional status can diminish the resident's immunity against infections.
- Obesity may impede circulation and self-care abilities.
- Severe mental disturbances can elevate stress levels and hinder self-care.
- Prolonged hospital stays before admission to a facility can increase exposure to pathogens.
- Treatment with cytotoxic drugs, radiotherapy, or corticosteroids can lower resistance to infections.
- Underlying conditions like diabetes, vascular disease, or chronic leukaemia can affect circulation and white blood cell production.

Inadequate hygiene practices can escalate resident skin microorganism levels.

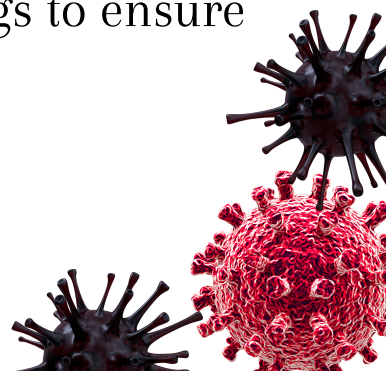
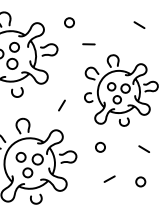
At Kaloma, we excel in implementing comprehensive strategies to enhance and sustain the well-being and immune systems of all residents.





During the year ongoing management and control of infections consists of:

- Working closely with all Health Care Professionals to manage the health and wellbeing of all residents to prevent infection. This includes GPs, Physiotherapist, Nutritionist, Speech Pathologist Clinical Nurse, Care Manager, Catering staff, cleaning staff, OH@S and Waste Management processes.
- Improved utilisation and collection of data for prompt and effective case management and surveillance of infection process and outcomes.
- Comprehensive, collaborative approach to the outbreak management structure through a single step process.
- Building capability through education and issue specific consultation to staff.
- All staff will complete Mandatory Training which has now commenced.
- Mask Fit testing (N95) is halfway through been completed for staff.
- Education is also provided to residents, non-medical staff, and volunteers. The training module will empower healthcare providers to understand and incorporate the principles into their daily work.
- Regular review of Policies, Procedures and Best Practices in Consultation with stakeholders through Meetings to ensure current and effective.





OUTBREAK MANAGEMENT:

When comparing the number of outbreaks from year to year, it is important to keep in mind the changing prevalence of enteric and respiratory pathogens in the community.

Respiratory illnesses and Covid 19 are the most common cause of outbreaks in Aged Care Facilities.

It is very important if you are feeling unwell, please do not visit Kaloma, staff are advised not to return to work if unwell and have had respiratory panel results prior.

Currently staff and visitors need to Covid swab prior entry to Kaloma.

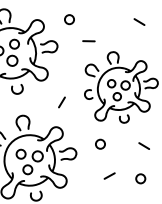
Kaloma is having influenza vaccination clinic on the 11th April for residents / staff.



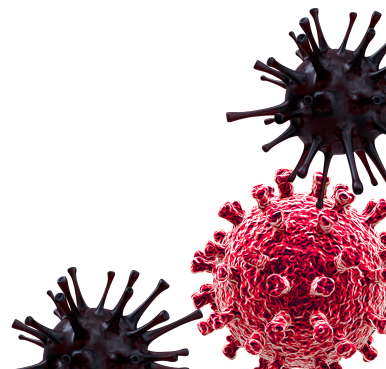
While the endemic level of viruses may increase the risk of outbreaks, the presence of effective infection control measures to rapidly detect transmission and initiate appropriate interventions can reduce the severity of an outbreak both in terms of people affected and duration.

All staff must continue to take responsibility.

The most important infection-control procedure is staff members washing their hands.



Stay Happy and Healthy
Tash Marchant
Infection Control Officer





AUTUMN



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

apples

autumn

birds

blanket

bonfire

changing

cider

colorful

cozy

crow

deciduous

equinox

flannel

foliage

frost

harvest

hayride

jacket

leaves

migrate

orchards

pumpkin

quilt

rake

rustling

scarecrow

season

spider

squash

squirrel

sunflower

sweater

trees

vegetables

wheelbarrow



Tree Valley Academy

Triple-Choc loaded Cheesecake Easter Egg



1 tbsp boiling water
1 tsp gelatine powder
250g cream cheese - softened
1/2 cup thickened cream
2 tbsp caster sugar
100g white chocolate, melted
100g hallow chocolate Easter egg, halved
Thickened cream, whipped to serve
Assorted Easter Eggs to decorate
Assorted Chocolates whole or halved to
decorate
Brownie, chopped to decorate
Chocolate macarons, to decorate

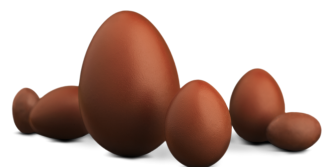
Step 1

Place the boiling water in a heatproof glass or jug. Sprinkle over the gelatine. Stir until gelatine completely dissolves.



Step 2

Place the cream cheese, cream and sugar in a food processor. Process until smooth. Add the white chocolate and gelatine mixture. Process until smooth.



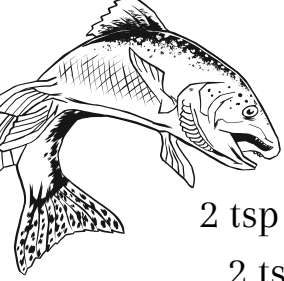
Step 3

Balance the Easter egg halves over the holes of a muffin tray to secure. Spoon the cream cheese mixture evenly among the egg halves. Place in the fridge for 2 hours or until set.

Step 4

Top the Easter egg halves with whipped cream. Decorate with Easter eggs, chocolate, brownie and macarons. Drizzle with the chocolate fudge topping.





Spiced Salmon with yoghurt-herb sauce

2 tsp ground coriander

2 tsp ground cumin

8 Salmon Skin-on portions

2 tbsp extra virgin olive oil, divided

3 bunches baby broccoli, thick ends of stems trimmed

1 cup Greek yoghurt

1 lemon, rind finely grated, juiced

2 tbsp finely chopped dill

2 tbsp sesame seeds

1/2 cup coriander

1/2 cup dill sprigs



Step 1

Position racks in centre and bottom of oven and preheat oven to 250°C (230°C fan-forced). Place 2 large heavy non-stick baking trays in oven to heat.

Step 2

In a small bowl, mix the ground coriander, cumin, 1½ tsp sea salt flakes and 1 tsp freshly ground black pepper. Coat salmon with 1 tbs oil and season all over with spice mixture.

Step 3

In a large bowl, toss the baby broccoli with the remaining 1 tbs oil and season with salt and pepper.

Step 4

Remove preheated trays from oven. Place salmon, skin-side down, on trays. Scatter baby broccoli around salmon. Roast, rotating trays halfway through cooking, for 12-14 mins or until salmon is cooked through with a rosy centre.

Step 5

While salmon cooks, in a small bowl, whisk yoghurt, lemon rind, 1 tbs lemon juice and chopped dill. Season with salt and pepper. Transfer salmon and baby broccoli to a large platter. Spoon over yoghurt sauce and sprinkle with sesame seeds, coriander sprigs and dill sprigs.



Kaloma Music Program

Happy 2024 Kaloma Family!



Can you believe it's March already?
With Easter just around the corner?! Just. Wow.
Welcome to the first chronicle of the year!

After the great successes of the Slim Dusty & Elvis music days in 2023, our residents eagerly put forward their many suggestions for 2024 at the January residents meeting.

We had over a dozen contenders for the music theme, far too many to fit into one calendar year!

The top four themes were narrowed by vote: with Sound of Music, Slim Dusty, Charley Pride & ABBA coming out triumphant!

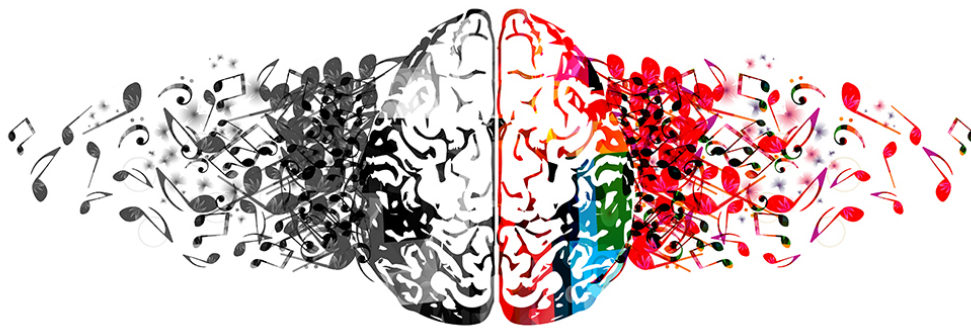
The first show for 2024 will kick off with the Rogers & Hammerstein classic, The Sound of Music! This memorable musical movie starring Julie Andrews, will be hosted Wednesday 20th March from 9am, with the remaining show dates to be decided in due course.

Residents are warmly invited to view the original award winning, 1965 musical/romance movie in Coolabah Lounge. Be transported for a moment with decorations, dress up's & hot nibbles for all to enjoy, just like a real show!

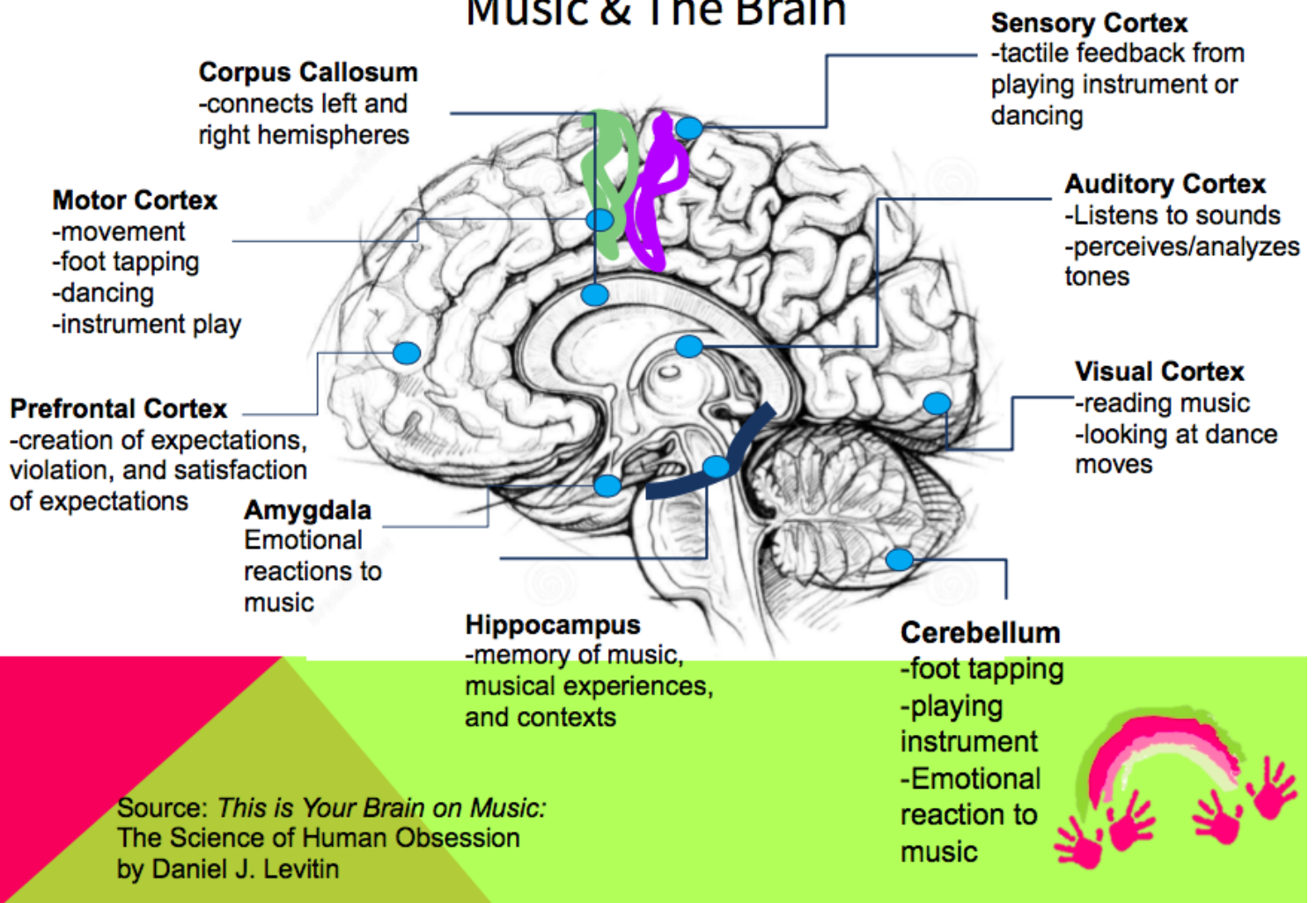
We are thoroughly looking forward to the von Trapp family delighting our musical senses on screen & in song next week!
So long, farewell, auf Wiedersehen, good night!

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





Music & The Brain







Anzac Biscuits



125 grams (4oz) butter, chopped
2 tablespoons golden syrup or treacle
1/2 teaspoon bicarbonate of soda
2 tablespoons boiling water
1 cup (90g) rolled oats
1 cup (150g) plain (all-purpose) flour
1 cup (220g) firmly packed brown sugar
3/4 cup (60g) desiccated coconut



1. Preheat oven to 180°C. Grease two large oven trays; line with baking paper.
2. Stir butter and syrup in a medium saucepan over low heat until smooth. Stir in combined soda and the water, then remaining ingredients.
3. Roll level tablespoons of mixture into balls; place 5cm (2in) apart on lined trays, then flatten slightly.
4. Bake for 12 minutes or until golden. Cool biscuits on trays.






H A P P Y

Mother's Day



To all the Mothers out there
there whether you are Past,
Present or soon to be Mums.

May your day be filled with
love, joy and laughter.



Behind
EVERY
Good Kid
is a
Great
Mom



Mother's Day Word Search



MOM
MOMMY
MAMA
GRANDMA
BEAUTIFUL
BELOVED
HEART
MOTHERHOOD
MATERNITY
FAMILY
MEMORIES
LOVE
DAUGHTER
SON
BABY

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

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 Teneille Aguilar by calling Kaloma on (07) 46 711 422.





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

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 \$12.50

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

HAIRDRESSER PRICE LIST

CUT \$25

SHAMPOO & SET \$25

COLOUR \$50

PERM \$95

Kaloma Information

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

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

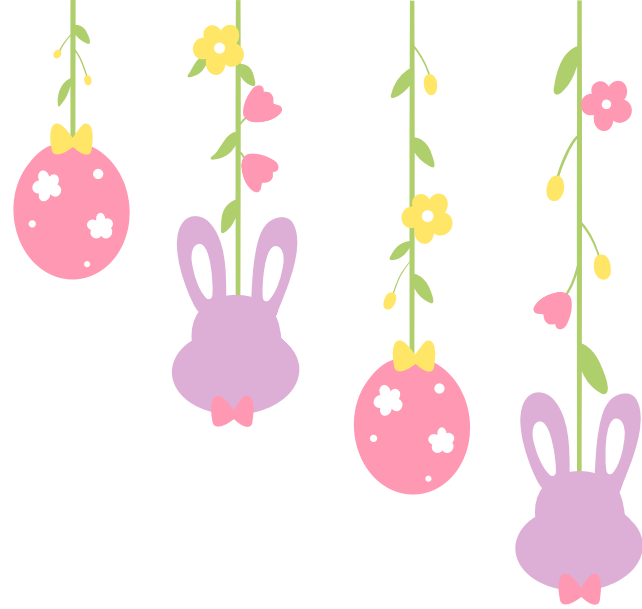
Feedback and Complaints



**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)



HAPPY *Easter*

Kaloma Home for the Aged

16 Gough Street

GOONDIWINDI QLD 4390

Ph - (07) 46 711 422

Fax - (07) 46 713 890

