



# *Kaloma Chronicle*

June 2022

Winter Edition

# Director of Nursing / Facility Manager Report

Hi Everyone,

Apologies for our late to print Winter edition, we have been very busy here at Kaloma managing a significant Covid-19 outbreak which lasted up to 4 weeks. Fortunately, of the 31 people with Covid-19 all of them had mild symptoms and there were no Covid related deaths. A further testament to the effectiveness of the vaccine.

It is possible that in the future that the requirement for mandatory vaccination for visitors to aged care may be lifted which will allow many relatives to visit who haven't been able to for at least 2 years. In saying this, people must be aware they still cannot visit if they have flu like symptoms or are feeling unwell.

On a lighter note, one of the key highlights in the last month is our activities program and all of the great things they have been up to. Those who have a social media account will have seen the numerous photos online of the avid gardeners attending to the veggie garden and the little baby chickens that hatched out of an incubator!

The Kaloma kitchen has been able to enjoy cooking with the bumper harvests they have been getting from the veggie patch, keeping our food healthy and nutritious.





For those who are unaware, all the food at Kaloma is cooked from scratch. Including the stock for the soup made from real bones which helps improve gut bacteria that is of particular importance for an older adult. Our cakes, biscuits and slices are all home made and we work on a 4-week rotating menu. For breakfast, lunch, and dinner we offer a buffet with a hot option, sandwiches or salads. Our themed food nights are a particular hit when residents indulge in flavours from all over the world cooked in our very own kitchen.

Lastly, with the increasing demand on the healthcare sector due to an aging population Kaloma has often had to turn away people who are asking for admission into the facility to admit someone else with higher needs. Much like other areas in health care, aged care facilities need to triage their admissions according to the level of need. While everyone on our waiting pool has a need to be met, we are aware of the fact that some may need it quicker than others. This leaves us in a very difficult situation as we must turn families away and as a result they have had to send their loved ones to other places. It is with a heavy heart that we do this and it is beyond our control.



While we have a number of beds sitting empty (all located in our Memory Support Unit for those with wandering Dementia) we are unable to admit people into this area as it is unsuitable, and we do not have the staff to care for them appropriately and safely. It would be negligent for us to admit someone we know we will have difficulty caring for.

Unfortunately, staffing is a dilemma the entire industry faces and we must do the best we can to help as many people as we can safely. Kaloma does offer relocation bonuses, probationary bonuses, and furnished accommodation in order to increase our chances of recruitment and retention but at the end of the day you need to be a special person to do the job that we do and its isn't for everyone. Hence why many people say "I couldn't be a nurse".

Thankyou everyone for your support over the years and your understanding in such difficult time.

Regards,  
Tenneille



# Biscoff Baileys Hot Chocolate



100g white chocolate - coarsely chopped  
2 cups milk  
1/3 cup biscoff spread  
1/4 cup Baileys Irish Cream  
300ml thickened cream - whipped  
Biscoff biscuits for decoration

## Step 1

Place the chocolate and milk in a small saucepan.  
Stir over a medium heat until the chocolate has melted.

Add the biscoff and stir until melted

Stir in the Baileys

## Step 2

Pour the hot chocolate between heatproof glasses.  
Top with whipped cream and biscoff biscuits

# Lifestyle News



Hello all

Its very chilly this morning the three layers and heater just don't seem to be cutting it for me this morning..... I would way rather have the 40-degree summer thank you!

Our last Newsletter was March, so now to try and remember what we have done since then to tell you about. Thanks to the Facebook page I should be able to do that.

First up after our March Newsletter we had Easter, so we made Bunnies and Easter wreaths then onto our annual Easter Hunt on Good Friday. Peter and Kate from Food works kindly donated their Bunny Suit, I bribed Hugo's girlfriend with \$\$\$ to get in the suit and be Easter Bunny for the morning. Left everything to Tia, Mick and I headed off to Melbourne to visit our daughter Sophia....It was a great morning Tia and Shelby did great..... Thankyou to everyone who donated eggs for the hunt Goondiwindi sold out of eggs very quickly.

In April we had a visit from our little friends at Lead Childcare, we haven't had as many visits because like Kaloma, Lead have a staff shortage, which makes it hard for them to be able to leave the Centre to come, visit us... wow the staff shortage is nationwide.....does anyone have a prediction as to what will happen??



Then off to the show we must go.... Care Goondiwindi lent us their bus, Janie drove the Ute (with the wheelies) and Tia drove my car. In convoy we boarded and managed to be at the show by 10am. We had a great day filled with Dagwood Dogs ice-creams, watching our very own Alana Wilson in the arena, visited the Art Show and socialised at its best. Our limit is usually four hours, so 2pm we boarded again and headed for home.

We've had the Red circle of Friends coming each month to keep the nail care under control, its so nice for everyone to have that one on one. Everyone's nails are looking beautiful. Thankyou to everyone involved I know everyone is so busy these days, we are forever grateful.

Mother's day brought new cups for all the ladies.... You might have seen them on Facebook thankyou to Stephen Spark Jewellers for the generous discount.

They just love them they are beautiful so light and such a good size. Lindy cooked a lovely slice and Little Pat, (our little Pat) donated a yummy pumpkin cake from the Larder. Kylee did a gorgeous flower arrangement with the resies from the garden for a centre piece.

In amongst this we have had the dreaded Covid outbreak, and Yes, your right I complained more than anyone else in the building.... And that is no exaggeration. Hopefully we are through it now, just one more whinge, hopefully we can stop wearing the masks soon.

During the outbreak we did have members of the defence force here spending time with us and helping where they could. It was great and the resies loved having time with them. Just a shame that it took an outbreak to be the reason they were here.



Angus has been coming to work with Tia on Tuesdays, oh he's so beautiful and the resies love him, we refer to him as the MOOD ENHANCER! One thing for sure he will grow up loving older people. Just as we should.

We haven't been sorting lids as much as we probably could have been, we have done a few mornings of it I promise Irene we will try and do more.... Does everyone know the story of "Lids for Kids" I will pop it in the Chronicle somewhere?

Our Veggie Garden is fabulous, we should have planted more with the price of Veggies \$10.99 for a lettuce could that be even, right?

Croquet was a hit too we need to play it more often when the weather warms up a little did you see the photos on FB of us playing out near the veggie garden?

We did choof off to the Cinema for the "Drovers Wife" I think it was the coldest day we've had but let's face it, it takes more than the cold to stop us.

Elvis is next I wonder will anyone want to dress up?? 15th of July is a fundraiser for Rotary

Now let me tell you about our chickens Alana got the fertilised eggs all the way from Toowoomba

(Do you know that you can pay around \$60 for a dozen fertile eggs??) luckily Alana has contacts.





So in the eggs go to the 12 egg manual incubator (that I have lost the instructions to! No surprise to anyone I know) the eggs have an X on one side so it's know when they've been turned... They are turned minimum of 3 times a day. Charlie is an early riser, so he does the first turn, then Alistar does lunchtime turn and evening turn this went on for 21 days (supposed to stop turning at 18 but remember we are doing this without instructions) Next thing there's chirping I actually cant explain to you the excitement when they start to hatch... A phone call from Indi and Alistar on the weekend I don't know who was more excited "There's a chicken" the sad thing is we only managed to get one chicken, so Kylee got us two more from her Dad and I took the lamp from Hugo's room and they have been living in the lifestyle office very comfortably under the best of care from Alana. They have now gone home to Alana's house as their forever home. We have another batch (do you call them batches?) in the incubator thanks Cathy Frost for giving us her fertile eggs at a minutes notice so next newsletter we will tell you how we get on.....

Apart from all this weve been doing lots of things, next month we are hoping to go out to North Star for lunch to the coffee shop....

Our lifestyle shop is a bit sad at the moment, we will try and get some more items on it soon!

We still haven't managed to get our bus! Its not over until the fat lady sings though!!!!





Remember our Coffee Machine is here with Merlo Beans (thankyou Melissa). Coupons are available to purchase from Moya if you would like to give your family member, a gift the resies love a Cappuccino now and again. Such a bargain only \$2 per cup

Also, we have our drink machine in the outdoor area proceeds go to the Resies it's an activity for them to stock it and do the shopping for it.

I think that's all I can tell you for now

Don't forget to follow us on Facebook

Until next time stay safe and well

Sending big Love

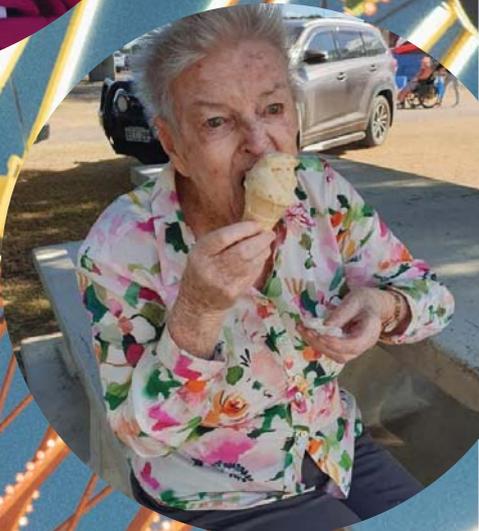
Bec, Astrid, Tia, Kylee, Di, and Lindy xx





# Goondiwindi Show







# LIDS FOR KIDS



Lids4Kids Australia was founded as a grass-roots 100% volunteer project in May 2019 by Tim Miller, a Canberra based full-time house Dad with three boys under 10.

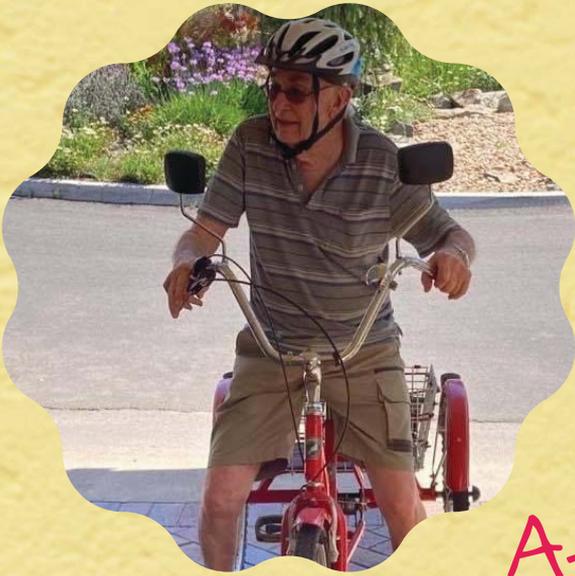
When Tim enquired about where to drop off his thousands of plastic bottle lids, the ACT Government advised him that any piece of plastic smaller than a credit card can't be recycled and had to go to landfill. Whilst Tim is a revhead owning 1950s Holden's his whole life, he's also passionate about the environment, so he wanted to find an alternative.



A quick search led to Envision, a Victorian based not-for-profit who have many community projects supporting disadvantaged people and those with a disability. After discovering that Envision were turning plastic bottle lids into mobility aids for children, Tim decided to create Lids4Kids to help collect more lids. After ABC News posted a story about the plastic lid collection, it went viral on social media with over 800,000 views. The regional Lids4Kids Facebook groups receive hundreds more members each week, bringing together stakeholders to find new and innovative ways to help kids with lids!

Due to the overwhelming success of Lids4Kids the 250,000 lid collection target was achieved within weeks and after several months over five million lids had been donated to Envision who quickly adapted and started producing many other recycled plastic products such as park benches, kitchen splashbacks and cubby house roof tiles. Rather than ending collection, Tim and his volunteers agreed to keep going and register Lids4Kids Australia as its own environmental charity committed to rescuing every plastic bottle lid from going into landfill to protect our environment and benefit kids. Lids4Kids will partner with many other recycling plastic manufacturers to purpose lids into any sustainable recycled plastic projects to benefit the communities in which they were collected.





# Afternoon Bike Rides



# Margaret Davidson



Marg considered Kaloma her home, both her and Tom were part of the Kaloma family. They were both loved and respected members of the community.

Marg enjoyed the small things in life.

Be painfree and at peace Marg.

I hope you and Tom may meet again.

Rest in Peace Marg

# Rex Hoole

Rex was the definition of a true gentleman.

He fought for our country and his family

The best butcher in town!

Rexy was loved by all in his time at Kaloma.

True until the end.

We all loved you Rexxy.

Rest Easy Soldier



# Peter Dight



Peter settled into Kaloma life easily. He was an avid bridge player and of course a Rugby Union lover right until his last days.

Peter was always supported by his beautiful wife Rosemary.

Rest in Peace Peter

# Audrey Currie

Audrey wasn't at Kaloma very long and came to us quiet unwell.

Audrey enjoyed the company of others and loved to craft.

Audrey enjoyed being here with her sister Colarie.

Rest in Peace Audrey



# John Lloyd

John was with us only a short time.  
John was great company and had a great sense  
of humour.

We will remember him as the  
'Cattle King for Mackay'  
"A Legend"

We will miss you madly John.

Our thoughts and prayers are with your family,  
especially Jo.



# Sticky Pitman

Sticky who we called 'Stick Man' lived at  
Kaloma for 5 years.

Sticky was the ultimate Bushy.

He lived on his farm at Boomi, then moved to  
Hensler Lane ..... before coming to join us at  
Kaloma.

Sticky was so proud!

He said it how it was. A kind gentleman.

We will miss you Sticky!

Our thoughts and prayers are with Guy, Lynelle  
and Family



# Look For Me In Rainbows

Time for me to go now, I won't say *goodbye*;

Look for me in *rainbows*, way up in the sky.

In the morning sunrise when all the *world* is new,

Just look for me and *love* me, as you know I loved you.

*Time* for me to leave you, I won't say goodbye;

Look for me in rainbows, *high* up in the sky.

In the evening *sunset*, when all the world is through,

Just look for me and love me, and I'll be *close* to you.

It won't be *forever*, the day will come and then

My loving arms will hold you, when we *meet* again.

Time for us to *part* now, we won't say goodbye;

Look for me in rainbows, *shining* in the sky.

Every *waking* moment, and all your whole life through

Just look for me and love me, as you know I *loved* you.

Just *wish* me to be near you, and I'll be there with you.

# Upcoming Staff Birthdays

## June

1st Blandina Alvarez  
4th Venus Pagkaliwangan  
11th Alana Wilson  
12th Jeena Jose  
16th Simmi Kaur Gill  
17th Debbie Sewell  
21st Vicky Otto  
27th Jannett Brigg  
27th Anton Macam  
29th Sue Bell  
30th Sharon Sheridan

## July

4th Shelly Obrist  
5th Felomina Dobson  
7th Roslyn Aitken  
11th Bec Turvey  
26th Brian Meenin

## August

3rd Toni Jakins  
7th Diana Wilson  
13th Jackie Vaughan  
14th Fizz Slack-Smith  
15th Mary Ann Toledo  
24th Pauline Cleary  
28th Janie Jackson

June

8th Charlie Gall

21st Keith Coulton

Upcoming Resident Birthdays

July

8th Dawn Adams

9th Valmai

Woodbridge

11th Iris Guyer ★

12th Beryl Reid ★

18th Doreen Ireland

August

1st Diana Maughan

3rd Joan Thompson

10th Wyn Skinner

11th Gwen McDonald

17th Ben White

18th Val Ash

19th Lillian Strang

22nd Paddy Brennan

24th Tom Turvey

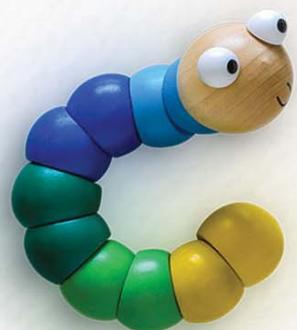
29th Pat Dwan

31st Graham Bailey



# FAMILY





# News from the Community



Hello

Welcome to our winter edition of the Kaloma Chronicle. I'm not sure about you but my golly we have been having some rain this year, does anyone remember the last year that Goondiwindi received so much rain? I thought either 2011 or 1996.

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 in your household living with you, is unwell that you phone Co-ordinator Jo 0411031136 to notify before staff enter your home. This is so we can wear correct PPE to help stop the spread of infections, to protect our staff and other clients. Staff are continuing to wear masks when visiting and taking clients out.

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.

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. You cannot use this to pay bills, medication, rent/mortgage, cash out or use for a holiday. The same going if you exceed your budget, you will be charged a fee for service, please note if you have no excess in your budget, we will be unable to assist with purchasing your products through your budget.

Just a reminder that budgets are now done in arrears and we must wait for the Department to send out the subsidy amount each client is eligible for before we can finalise and complete your budget and get a copy to you. For example, January budget should be ready to deliver to you by early March, I apologise for the wait on getting the monthly statements out to everyone. The new statements are a different layout and format from our old ones and it calculates everything on a daily basis. It is taking me a little bit to get my head around them as it is a new learning curve. So I Thank you all for your patience whilst we transition from a paper recording system to a electronic\digital one on our mobile phones, once this is up and running it will be more time effective. You may notice I have a few extra grey hairs.

Luckily, I have a good hairdresser.

Reminder that all clients are welcome to attend any lifestyle activities that are happening of a morning and 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 however these can change to reflect our client's needs. We currently have 2x staff working during the week and only one on weekends. If you require assistance to an appointment, please give at least two weeks' notice so we can assist you with this as most of our staff members also work in Kaloma as well and our roster is done a month in advance.

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 and I am normally busy after 3 with my Miss nearly 7. However, if you leave a message I will return it on my next working day. We thank you for your understanding.

If an EMERGENCY arises please call 000.





Due to government legislation any sub contractor that are used by Kaloma for a service to assist you to stay in your own home and that needs to be invoiced to be paid via your home care budget must now have had a minimum of 3x Covid vaccinations and a police clearance provided to Kaloma before we are able to engage them unless an exemption has been given and cleared by our DON.

At the start of June we sadly farewelled our home care RN Courtney who is doing some agency nursing, travelling around Australia, we will miss her and wish her all the best.

We are lucky enough to have Jesfer come on board as our home care RN, Jesfer has been working as an RN at Kaloma for a few years and has many years' experience working as an RN across different fields. He brings a wealth of knowledge to our home care team. We have also welcome Roslyn to our home care team as a carer, Ros will be working in Kaloma and helping out home care when we need an extra pair of hands.

I (Jo) will be away for a few days at the beginning of July from the 8th until the 11th, during this time our 2IC Peta Sue will have my coordinators phone and is more than happy to assist you. Sharon will be away from the middle of July for a month touring around in her bus "Gregory" with her husband Bruce we cant wait to hear all about her adventures.

Until next time :

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

Jo-anne (coordinator), Jesfer (RN) Peta-Sue (2ic) Angie, Molly, Ben and Sharon.

# Winter

Now golden days of autumn are no more.  
Down on the forest ruthless Winter frees —  
First with far rumblings, waxing to a roar —  
His shouting winds that riot thro' the trees,  
Raging like savage seas.

Bedraggled now the gown this garden wore;  
Lost are those evanescent gems she bore;  
Lost, half the melodies.

A grey thrush, every morn hops round the door,  
His wise head cocked inquiringly aslant;  
Magpie and robin, these are shy no more,  
And every songster, as his fare grows scant,  
Becomes a mendicant.

Small their demands upon the larder's store  
On these dark, sodden days or mornings hoar,  
Cruel to bird and plant.

A strange and ghostly silence came last night,  
After the wind's wild clamour and the rain;  
And now, at dawn, a coverlet of white  
Swathes many a long, fantastic forest lane  
And unfamiliar plain.

Beneath the burden spar and sapling slight  
Bow down, revealing many a vista bright  
In this once green domain.

The silence shouts in this new, muffled world  
After the tempest's nerve-destroying din . . .  
Here, like three pixies, impudently curled  
In a giant's pallet, sheets up to each chin,  
Three pert violas grin . . .

The forest is a lady richly pearled,  
Else a white penitent in pure robes furled,  
And newly cleansed of sin

# Slow Cooker Beef Stroganoff

2 beef rump steaks - large - sliced  
2 tbs tomato paste  
2 cups chicken stock  
1 cup plain flour  
1 onion medium sliced  
1 cup mushrooms sliced  
2 garlic cloves - crushed  
2 tbs sour cream

Roll sliced steak in plain flour

Place all ingredients into slow cooker except sour cream.  
Cook on auto until steak is tender and cooked through

Approx 4-5 hours

Mix together cornflour and water to make a paste.  
Add to meat with sour cream. Stir through and serve.





# Banana, Caramel and malt self saucing pudding



1/3 cup brown sugar plus 3/4 cup extra  
1 1/2 cups plain flour  
2 1/2 tbs baking powder  
1/2 cup milk  
60g unsalted butter - melted and cooled  
plus extra to grease  
2 eggs  
2 medium ripe bananas mashed  
1/3 cup malt extract - plus 2 tbsp extra  
2 tsp cornflour  
double cream - to serve

Preheat oven to 180c.

Grease a 23cm square baking dish with  
butter

Place sugar, flour and baking powder in a  
large bowl and whisk to combine.

Make a well in the centre.

Add milk, butter, eggs, banana and malt  
extract and whisk to combine.

Pour into prepared dish.

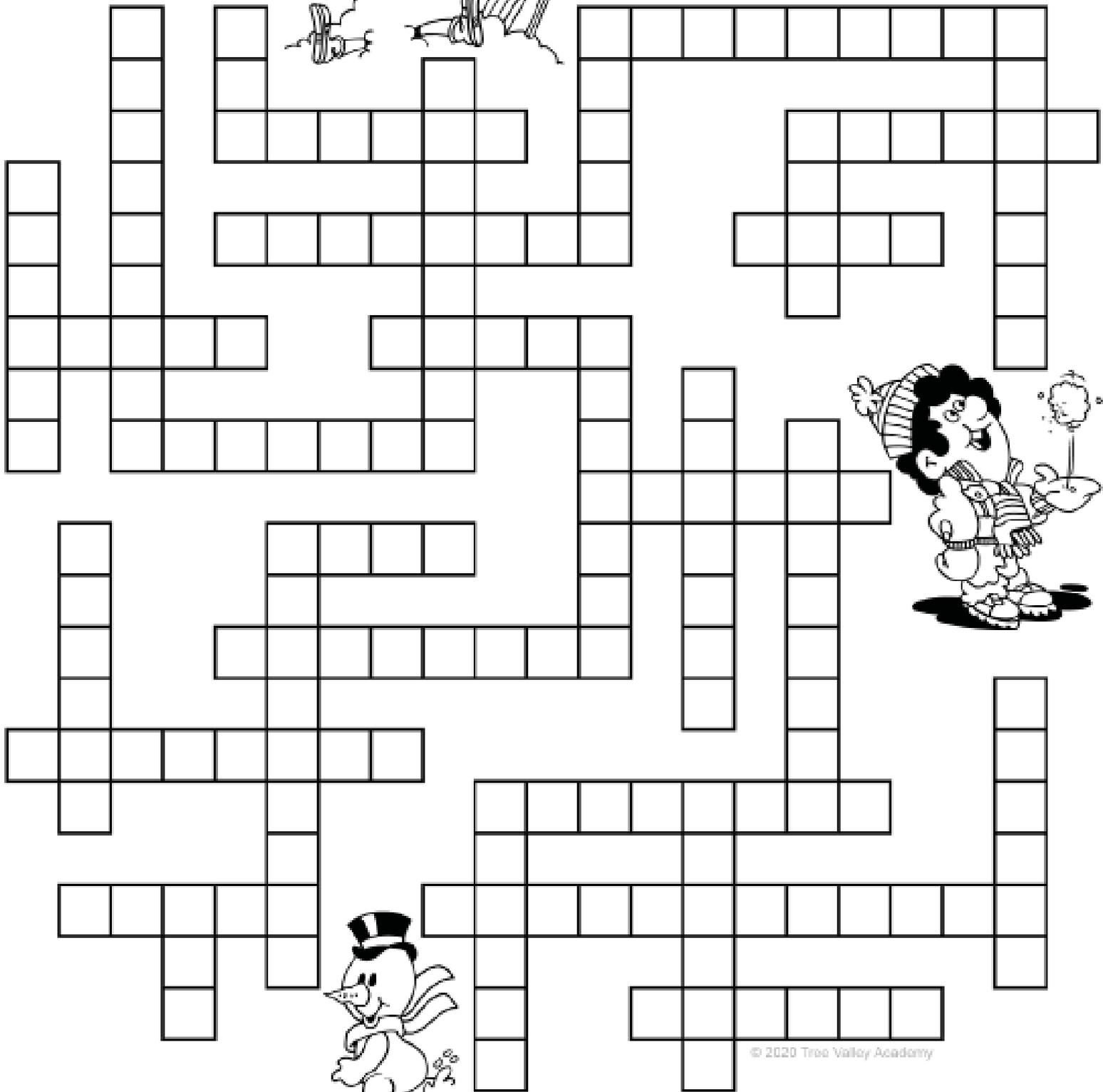
Sprinkle over the extra 3/4 cup brown  
sugar, sift over the cornflour and drizzle  
over the extra malt.

Pour over 2 cups of boiling water

Bake for 40-45 mins until a skewer  
inserted into the cake layer comes out  
clean.

Serve warm with double cream.

# WINTER



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**3 letters**

ice  
ski

**4 letters**

cold  
sled  
snow

**5 letters**

igloo  
mitts  
socks  
white

**6 letters**

frozen  
hockey  
icicle  
season  
shovel  
skates  
skiing  
sleigh  
winter

**7 letters**

dog sled  
January  
skating  
snowman

**8 letters**

sledding  
December  
holidays  
toboggan  
February  
snow fort

**9 letters**

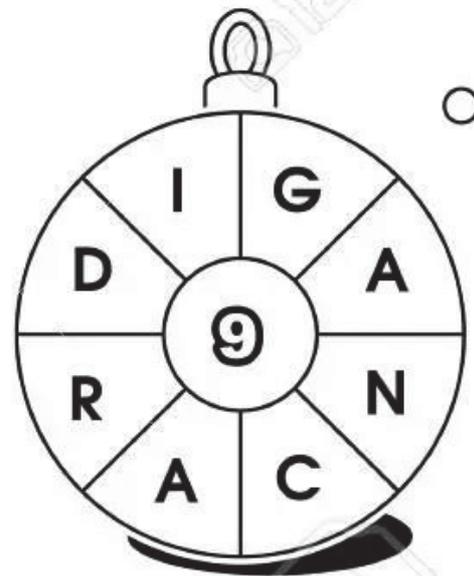
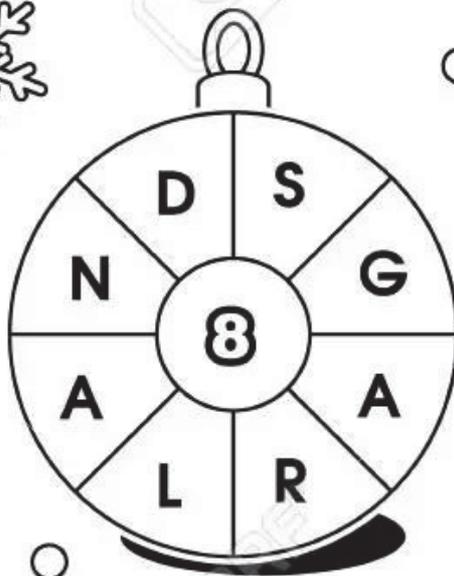
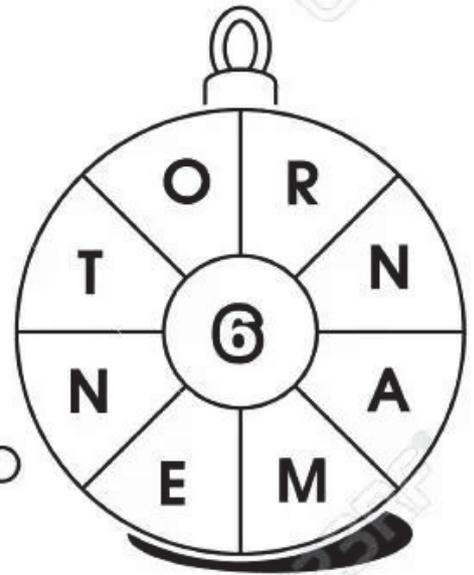
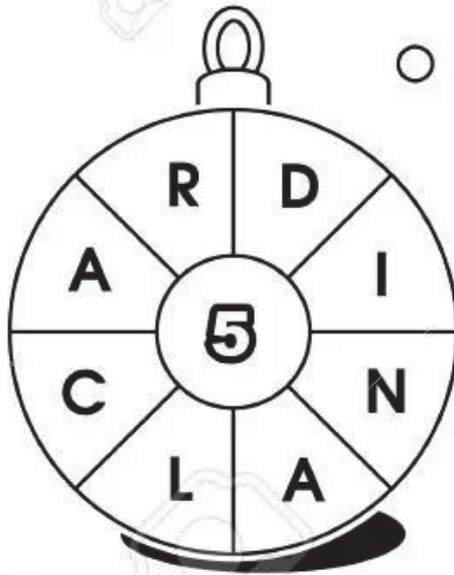
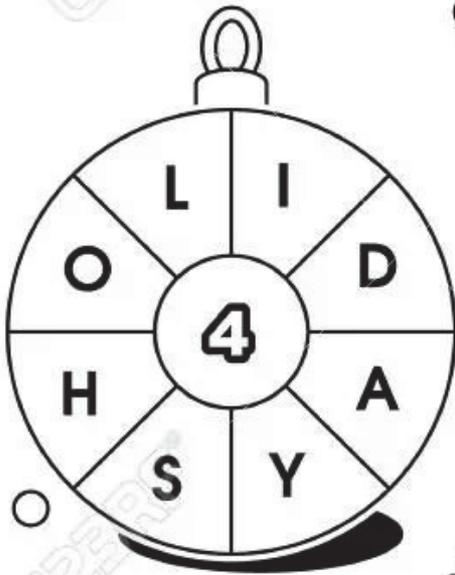
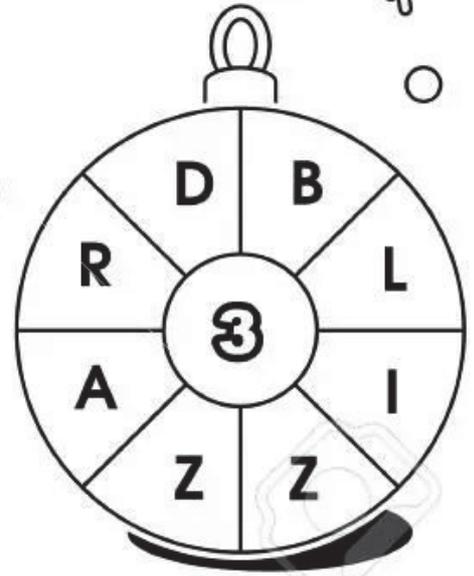
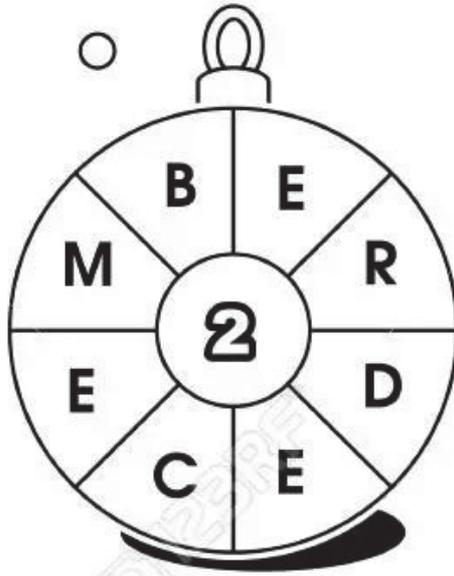
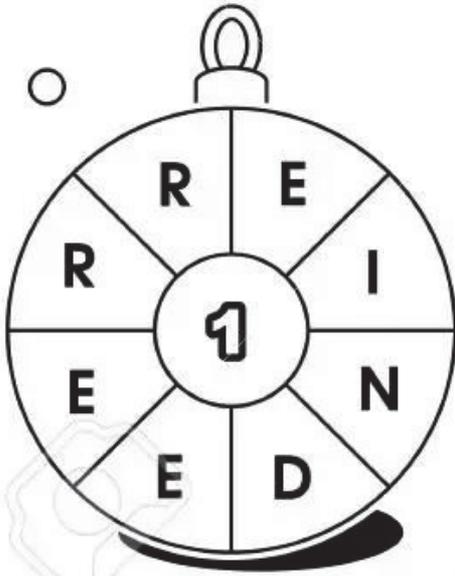
snow angel  
snowballs  
snowboard

**12 letters**

hot chocolate

# Round Words

Can you guess the nine 8-letter words?



**ANSWER:**

REINDEER, DECEMBER, BLIZZARD, HOLIDAYS, CARDINAL, ORNAMENT, SNOWFALL, GARLANDS, CARDIGAN.





WINTER



# Meet the Team

## Jo Sloss - Home Care Co-Ordinator

How long have you worked at Kaloma? *13.5 years*

Favourite thing about working at Kaloma? *The people, there is so much knowledge and history shared from our clients and that no day is every the same.*

Where did you grow up? *In Goondiwindi, I moved here when I was 2yrs old and have spent the last 36 years living on and off in Gundy (I did live in NZ for 2 yrs)*

What is your favourite food/colour/animal? *I love Asian foods and chocolate, favourite colour is pink and Animal is little cute Dogs and a white silkie bantum.*

What do you do in your free time? *What free time..... I'm a mum so spending time with family is very important.*



## Danielle McElheran -Personal Carer

How long have you worked at Kaloma? *4 years*

Favourite thing about working at Kaloma? *the residents*

Where did you grow up? *Goondiwindi*

What is your favourite food/colour/animal? *Garlic bread, Pink, Elephant*

What do you do in your free time? *Spend time with family and friends and binge watch tv shows and movies.*



# Meet the Team



**Teneille Aguilar - DON / FM**

How long have you worked at Kaloma? *4 years*

Favourite thing about working at Kaloma? *The support I receive from the staff, in particular the ones I had worked with on the floor doing shift work as they know me the best.*

Where did you grow up? *Kempsey NSW and later Barraba NSW*

What is your favourite food/colour/animal?  
*Pizza/Pink/Dogs*

What do you do in your free time? *Shopping, Coffee, and Dinner dates with friends.*



**Jesfer Anquilo - Registered Nurse**

How long have you worked at Kaloma? *3 years*

Favourite thing about working at Kaloma? *Close to home and I get to work alongside my beautiful wife.*

Where did you grow up? *Philippines*

What is your favourite food/colour/animal? *Pizza, Blue, Eagle*

What do you do in your free time? *Travel and fix my car*





# Welcome

## RESIDENTS

Home Care

Ewan Carrigan

Delcia Thompson

Harrij Van Kuijck

Joy Jarrett

Keven Carberry

Doreen Ireland

Linda White

Bevis Gibson

Margaret Webber

Ronald Brennan

Edith Preston

Michael Armstrong

## NEW STAFF

Arlyn Fernandez - Kitchenhand

Anton Macam - Cook

Sofie Turvey - Finance Assistant

Guadalupe Sialana - Cleaner

Saru Bhujel - Registered Nurse

Gabriel Canalita - PCA

Chantelle Padwick - PCA

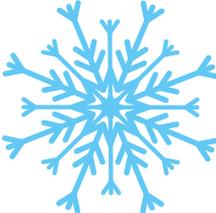
Tayla Rose - PCA

Tori Stewart - PCA

Tammy Strong - PCA



Until the 19th century, hot chocolate was even used medicinally to treat stomach disease.



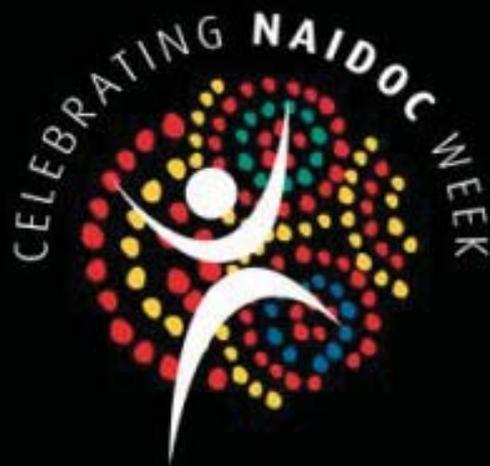
**Winter Fun Fact #6:**  
**Chionophobia is the extreme dislike or fear of snow.**

**WOMINJEKA**

**WELCOME**

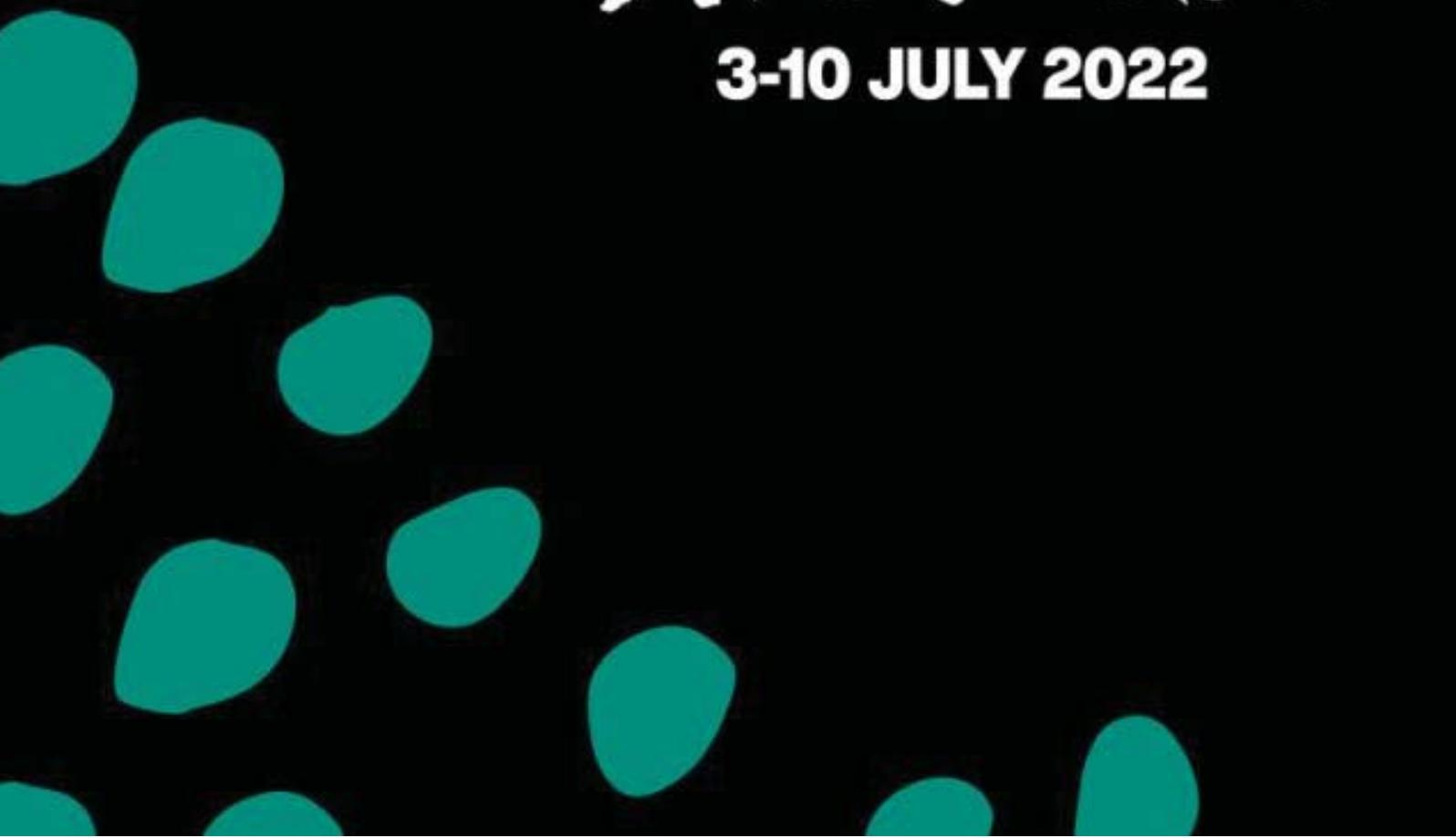
**We acknowledge and pay respect to the traditional owners and custodians, the Bigambul people, on whose land we work on every day together.**

**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.**



**GET UP!  
STAND UP!  
SHOW UP!**

**3-10 JULY 2022**



## Five Fast Facts –

NAIDOC Week NAIDOC Week celebrates the achievements and culture of Aboriginal and Torres Strait Islander people.

NAIDOC Week is a celebration of the history, culture and achievements of Aboriginal and Torres Strait Islander people. Every year NAIDOC Week celebrations are centred on a theme chosen by the national organising committee. This year the theme ‘Unsung Heroes- Closing the Gap by Leading Their Way’ aims to recognise the quiet achievers in Indigenous communities and illustrate how Indigenous people themselves are taking ownership of closing the gap.

### 2. NAIDOC Week’s origins can be traced back to 1938.

The origins of NAIDOC Week can be traced back to the Aboriginal rights movement. On Australia Day 1938, protestors marched through the streets of Sydney about the status and treatment of Aboriginal and Torres Strait Islander Australians. This protest was one of the first major civil rights gatherings in the world and it became known as the “Day of Mourning”. Between 1940 and 1955 the Day of Mourning was held annually on the Sunday before Australia Day and was commonly known as “Aborigines Day”. In 1955 it was decided that Aborigines Day should include a celebration of Aboriginal culture, heritage and achievement. This is now celebrated as NAIDOC Week, which highlights the achievements of Indigenous people all over Australia. NAIDOC stands for ‘National Aborigines and Islanders day Observance Committee’ which was the name of the committee that was originally responsible for organising the national NAIDOC Week activities and over time the acronym has become the name for the entire festival.

### 3. NAIDOC Week is celebrated by Aboriginal and Torres Strait Islander people.

NAIDOC Week is primarily celebrated by Aboriginal and Torres Strait Islander people in recognition of their culture, history and achievements. These celebrations are often open for other Australians to participate in too. NAIDOC week is a great time for Australians of all different ethnic backgrounds to learn more about Aboriginal and Torres Strait Islander people. Many schools, government offices, universities, churches and businesses organise their own cultural and learning NAIDOC Week activities.

4. The NAIDOC Week Awards recognise the achievements of Aboriginal and Torres Strait Islander people.

Each year during NAIDOC week, communities all over Australia celebrate and recognise the achievements of Aboriginal and Torres Strait Islanders within their local communities. Local councils often present awards to people who have made a contribution to the community.

National awards are presented at the National NAIDOC Week awards ceremony. The awards are presented to inspirational Indigenous people in ten different categories including: Person of the year, Elder of the year, Artist of the year, Apprentice of the year, Scholar of the year, Youth of the year, Sportsperson of the year and the Caring for Country award. In 2009 Professor Larissa Behrendt, a lawyer and author was awarded Person of the year for her leadership in Indigenous rights advocacy.

NAIDOC Week celebrations also include a national poster competition which provides an opportunity for Indigenous artists to showcase their work across Australia. Indigenous artists are invited to submit artwork based on the national NAIDOC theme. The winning artist has their work reproduced on the NAIDOC Week poster which is distributed and displayed right across Australia.

5. All Australians can participate in NAIDOC Week celebrations.

Capital cities and most towns organise public celebrations for NAIDOC Week. The national NAIDOC Week website lists some of these events at [naidoc.org.au](http://naidoc.org.au)

Here are some other ways to celebrate NAIDOC Week and learn more about Aboriginal and Torres Strait Islander people:



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# NAIDOC WEEK

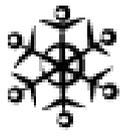
P I K Y Y L D A E D A N V P M E W  
 C K Y P B E M I T M A E R D A R W  
 O J G G A Q C O R X V D B I T U M  
 D O Q H L K K Z A P Q P G D O T W  
 I I J I L X J G Z L T E O U T L J  
 A K R J A V B A K E A M I F E U G  
 N Y R Q W N L L B N J N S E M C U  
 P G G V I Z A F P E A C K T S I Y  
 N J T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

DREAMTIME  
 BLACK  
 MOB  
 CULTURE  
 DIDGERDIOO

SNAKE  
 RED  
 LAND  
 GOANNA  
 ABORIGINAL

SUN  
 FLAG  
 TOTEMS  
 TUCKER  
 KANGAROO

YELLOW  
 ART  
 WALLABY  
 DEADLY  
 NAIDOC



# WINTER



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



boots  
flurries  
frozen  
gloves  
hockey  
holidays

hot chocolate  
icicle  
igloo  
mittens  
penguin  
scarf

shovel  
skates  
skiing  
sledding  
snow angels  
snowball

snowboard  
snowman  
snowsuit  
sweater  
toboggan  
winter



Safety and  
Maintenance



Personal Carer

# *Who is Who at Kaloma*



Housekeeping and Catering



Lifestyle



Homecare



Nursing and Supervisors



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

## 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



**FINDEX**



# KALOMA CHARITY DAY

SUNDAY 24<sup>TH</sup> JULY 2022

at the GOONDIWINDI GOLF CLUB



## 3 Person Ambrose plus Bridge & Mahjong Tournament

The members of the Board of Kaloma invite you to the Kaloma Charity Day, our major fundraiser for the year with proceeds going towards updating our nurse call system.

**NON-GOLFERS MOST WELCOME**

**\$35.00 per Person**

**Includes - MORNING TEA, BBQ LUNCH & ENTRIES, AMBROSE & CARDS**

**9.00 am**

**REGISTRATION**

**10.00 am**

**SHOTGUN START FOR 3 PERSON AMBROSE**

**10.30 am**

**BRIDGE & MAHJONG START**

**LUCKY DOOR PRIZE FOR ALL ENTRANTS ON THE DAY (no need to be at the draw)**

**5 nights for 4 people at beautiful Newport Apartments Mooloolaba**

**Many Additional Prizes to be won –**

- \* Straightest Drive**
- \* Nearest the Pin**
- \* Lucky Card Draw (must be present to win)**
- \* Win \$1,000 for a Hole in One on the 18<sup>th</sup>**
- \* Raffle**
- \* Auction**



Enquiries and bookings please contact by 22nd July

<b>GOLF</b>	LEISA ENDERS	GOLF CLUB 4671 1171
<b>BRIDGE</b>	BEV COULTON	07 4671 1470 or 0429 700 418 email <a href="mailto:samandbev@bigpond.com">samandbev@bigpond.com</a>
<b>MAH-JONG</b>	SALLY COOPER	0429 771 190 email <a href="mailto:jericho6@bigpond.com">jericho6@bigpond.com</a>



## Findex Kaloma Charity Day 2022 **LUCKY DOOR PRIZE**

*Thanks to the wonderful support of*  
**NEWPORT MOOLOOLABA**  
WE HAVE AN AMAZING BEACH HOLIDAY PACKAGE TO GIVE AWAY!

*The Winner Receives*  
**FIVE NIGHTS ACCOMMODATION IN A TWO BEDROOM  
OCEAN VIEW APARTMENT. VALUED AT \$1930 – WHAT A PRIZE!**

All proceeds from the day go towards a Nurse Call System.

Support The Sponsors Who Support Your Event!

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

<b>8</b>	<b>7</b>	<b>6</b>	<b>9</b>					
	<b>1</b>				<b>6</b>			
	<b>4</b>		<b>3</b>		<b>5</b>	<b>8</b>		
<b>4</b>						<b>2</b>	<b>1</b>	
	<b>9</b>		<b>5</b>					
	<b>5</b>			<b>4</b>		<b>3</b>		<b>6</b>
	<b>2</b>	<b>9</b>						<b>8</b>
		<b>4</b>	<b>6</b>	<b>9</b>		<b>1</b>	<b>7</b>	<b>3</b>
					<b>1</b>			<b>4</b>

# 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

16 Gough Street

GOONDIWINDI QLD 4390

Ph - (07) 46 711 422

Fax - (07) 46 713 890