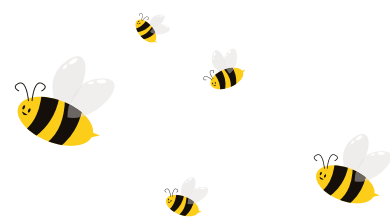




*Kaloma Chronicle*

**Spring**

2024





# Director of Nursing / Facility Manager Report

Dear Residents, Families, and Friends



As we transition into the warmer months, I wanted to take a moment to share some important updates and reminders.

With summer fast approaching, we ask families to help residents to declutter their cupboards and personal spaces.

This is not only a wonderful opportunity to organise belongings but also a necessary step to maintain a clean and healthy environment.


Decluttering allows us to clean rooms more thoroughly and ensure that all areas are accessible. We encourage family members to assist in sorting out clothing and items that may no longer be in use. This will also help make room for summer-appropriate clothing and personal items.




To avoid any misplaced clothing that goes to the laundry we kindly ask families to label clothing with the resident's name. This is particularly important as clothing can sometimes get mixed up in the wash. With clear labelling, we can ensure all items find their way back to the right person. Please let Claire know if you need anymore labels.




Hello  
Spring



While our laundry service ensures that all clothing is cleaned thoroughly, we wanted to clarify that ironing is reserved for specific fabrics, such as linen, that tend to wrinkle easily. Everyday garments may not always iron, so if there are particular items that need special care, please let us know, and we'll be happy to accommodate your preferences where possible keeping in mind our laundry staff have 69 people whom they have to wash, dry, fold, and hang clothes for every day.



It's also important to keep the rooms generally free of excess items to allow our staff to perform routine cleaning effectively. Excess furniture or personal belongings can create challenges for our housekeeping team and impact the hygiene of living spaces, particularly when mice activity increases. We understand that personal items bring comfort, so we aim to strike a balance between a home like environment and one that's easy to maintain. Thank you for your cooperation.




We remind all visitors to sign in at the front desk upon arrival for safety and record-keeping purposes. If you are taking a resident out for an outing, please inform us who they are leaving with and the expected return time. This helps us ensure the safety and well-being of all residents while they are off-site.

Not that we have that out of the way, check out all of our exciting new things below:

#### Dining at the Bowling Club – Kaloma's Thursday Night Buffet

I'm excited to announce that we are still running a restaurant service at the local bowling club on Thursday evenings. Join us for an all-you-can-eat buffet, featuring a variety of delicious, freshly prepared dishes. This is a wonderful opportunity for residents and families to enjoy a meal together outside of the facility, and we look forward to seeing you there!



## IV Vitamin Therapy – Supporting Health and Well-being

We're also pleased to introduce a new service provided by Courtney and Myself: an intravenous (IV) vitamin business. This service offers IV vitamin therapy to help people manage a range of conditions. Whether it's boosting energy levels, improving immunity, or addressing specific health concerns, this therapy has been shown to provide real benefits. If you'd like more information or to book a session, please email [info@rejuvaflo.com](mailto:info@rejuvaflo.com)

## Hairdressing Services – Thankyou Bec!

After many wonderful years of service, Anne has retired from her role as our in-house hairdresser. We are delighted to announce that Bec has stepped in to continue providing hairdressing services for our residents. Whether it's a fresh cut, styling, or colour, Bec is here to ensure everyone looks and feels their best. Not only that, but she is also there for some great conversation and one on one time. Please speak to Janette at reception to put your name on the list. The Salon will be open every Thursday.

Thank you for your attention to these updates and for continuing to make our facility a wonderful and supportive home for everyone.

We all appreciate your support.

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.



Welcome

## RESIDENTS

Clarrie Hillard

Clive Venz

Roy Smith

Mary Lowe

Suzanne Fitzhardinge

Thelma Sloan

Bevis Gibson

Margaret George

Betty Durietz

Janet Billing

## NEW STAFF

Reizel Alpas - RN

Rency Jepchumba - PCA

Richie Shin - RN

Felicity White - PCA

June Hunas - Kitchenhand /  
Cook

Jordan Wilson - Kitchenhand  
/ Housekeeping



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**





*Outback Kusina*

# RESTAURANT

Goondiwindi Bowls  
Club

Thursday 6pm -  
830pm

ABN 76 811 097 243





# Lifestyle News



From Us to You!


Can you believe its September?

As Leanne (in catering) says “I just love even saying September”  
Its still just a little cool for me.... Just remind me I said that when I’m  
complaining about how hot it is.

Let’s start with June, as you know there is a day for everything these days... so  
On June the 4th it was Hug your cat day, we have two cats that live here I’m  
not sure they got any extra hugs that day.

However, they are very loved cats, so don’t really need any extra love.


Then there was Pineapple/Queensland day, so we talked about why we loved  
being Queenslanders and had pineapple muffins for morning tea. As well as  
State of Origin of course, maybe us Queenslanders don’t want to talk about  
that too much!




Corn on the Cob Day on the 11th so warm cobs of corn with loads of butter,  
salt and pepper was had, for one of our coldest winter mornings.

Weve had our usual activities Bingo on Mondays the girls have been holding  
Musical Bingo on some Fridays which has been a real hit with the residents.  
Resident Meetings are the third Thursday at 11am of every month, if anyone  
would like to attend you are more than welcome to come along, Tenneille  
chairs the meeting, President Eric Grantz attends, and is our official minute  
taker.





Catholic Mass with Fr Bonnie the first and third Tuesday of each month at 11am that anyone is welcome to attend also. Kara has been bringing the year 6 students along to be part of the service and mingle with the residents its just beautiful to see them all together.





Anglican church is held the second and fourth Tuesday at 11am, with our fabulous Fr John. Fr John along with the lifestyle team are introducing grief/debrief sessions with staff. This is such an important need. That is when one of our Kaloma family pass away, it will give the staff a chance to debrief about how they are feeling and help them on their road to a healthy grieving process. Some of our staff are very young, or new to aged care, have not ever been with anyone through the dying process, or viewed anyone that has passed. So, we are very grateful to Fr John for driving these sessions for us.

Allan Terry and their band that is growing have been coming once a month still. It is by far our most popular activity ..... or is Bingo?

Margie Ryan has been, the red circle of friends. Weve had a visit from the Goondiwindi State Primary, Border rivers Christian College, Toobeah Kindy for Book week, Bogga central school.

Our bus has been out and about Astrid has a bus outing every Sunday, they have become regular spectators of the Motorcycle club each month. This Sunday they went to the airshow at the airport. I don't know how we ever managed without that little bus.

Thursdays the residents have been arranging flowers in little milk bottles, these are the centrepieces for the tables, for Kusini restaurant at the bowling club. Our garden is starting to show spring vibes now. They will look even more stunning.





If you haven't been to the restaurant, yet come on down it opens 5.30pm each Thursday, small plate with 3 choices, for \$15 or all you can eat plate for \$25 a choice steaks, and the best sticky date you will ever eat, with ice cream \$7.

Takeaway is also available.



The girls took the residents to Marshall Street for a coffee and a look around our shops, this was a great activity now the weather is warmer we will do it again soon.

Kaloma is on the Meals on Wheels roster once a month. The residents help, tell us where to go next and who has what meals.



Pianola on Saturdays is a popular activity as well.



We had the privilege of attending the final dress rehearsal of the Lion King, I didn't go but there was so much talk about it when they returned home. It must have been fantastic. Talk around town is that it was!!!

Over winter Astrid has been making Beanies with the residents and selling them to raise some funds to buy supplies They have absolutely loved using that knitting machine.

Residents in Brigalow are now doing heart art to enter a competition.

Just last week we headed off to the lavender farm at Inglewood, Boarded the bus by 9am the wheelies loaded onto the ute. Wheels turned at 9.15am I drove the bus with my co-pilot Geoff. Deb behind in the ute with her co-pilot Clive. Got to Yelarbon, couldn't see Deb and Clive coming so had a banana at the silos while we waited for them to catch up! Then off we headed, talking too much as usual, I ended up in Inglewood drove straight passed the turn to the farm.





Anyway, we did get to the gorgeous farm a little late, but had a beautiful cuppa with Kelli and her hubby a walk around the garden, I did a power shop in the Lavender shop..... A gorgeous place to visit with a gorgeous gift shop. If you haven't been its well worth the effort. Kelli is going to come and visit us and do a sensory morning as an activity I cannot wait.

Friday called for lunch at the QL which was as yummy as ever.

This week we have two work experience girls here with us Anne from St Mary's and Luisa from Border Rivers love having the extra hands.

That's nearly all for this month.

We have a new member on our staff Novah is coming on to the casual pool. We have been trying to convince Novah to be part of our team for some time now. Well, she's here.

We have said goodbye to our lovely Anna.

Also goodbye to Anne Roberts our long-time hairdresser. Anne has had to leave us due to health issues.

We are grateful to Anne for all she's done, and the residents miss her madly.

I am away next week we are getting a girl grand baby on Tuesday the 17th. She is going to be a Matilda.....No surprises these days.

So, from us to you!

Big Love

Enjoy this gorgeous weather

Stay safe

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

OPEN  
THURSDAYS



Silver  
Strands  
Salon

HAIR SALON

# Price List

Men's Cut	\$30.00
Ladies Cut	\$30.00
Wash (shampoo only)	\$5.00
Cut & Blow Dry	\$35.00
Shmpoo & Blow Dry	\$25.00
Shampoo & Cut	\$35.00
Shampoo, Cut & Blowdry	\$60.00
Colour & Blow Dry	\$60.00

OPEN  
THURSDAYS



Silver  
Strands  
Salon

HAIR SALON





*Spring*



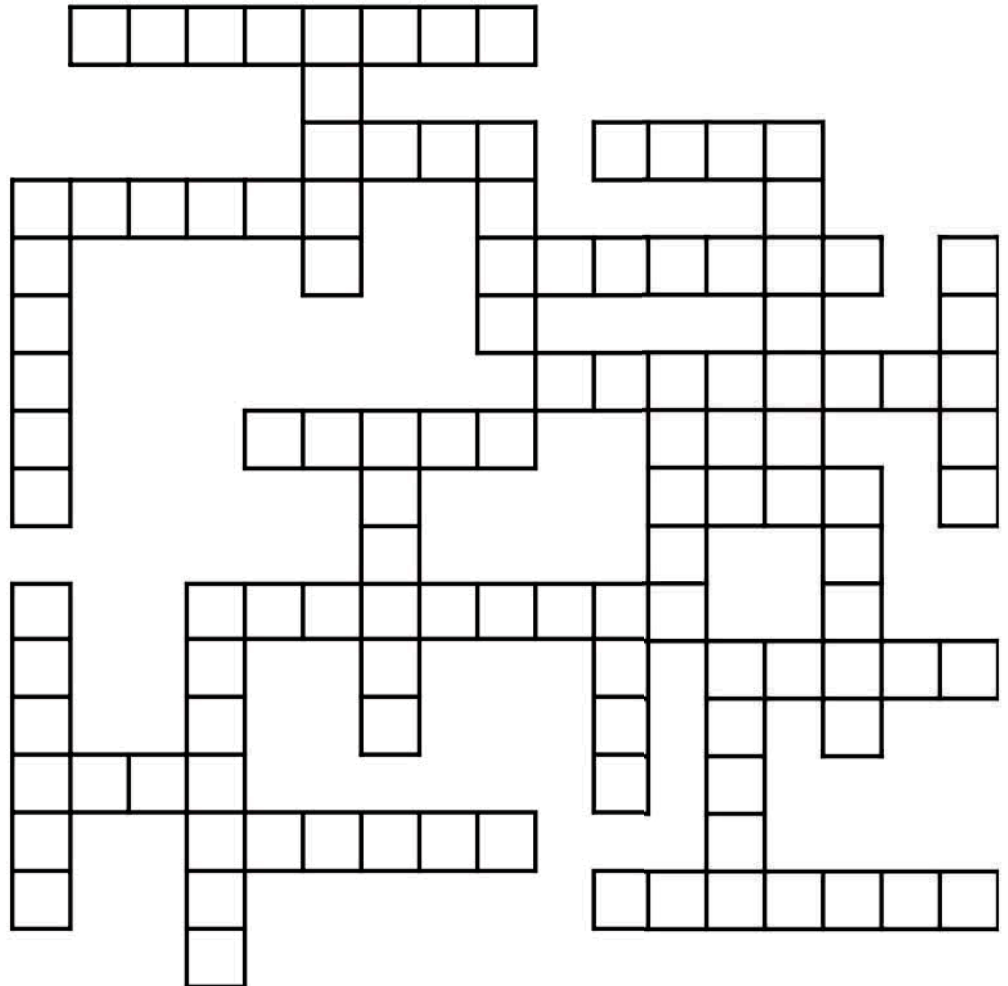




# Spring is Here

## Across

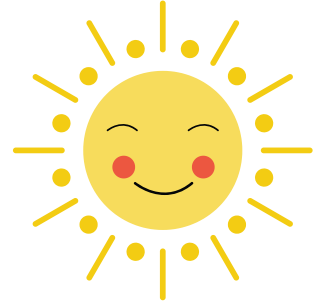
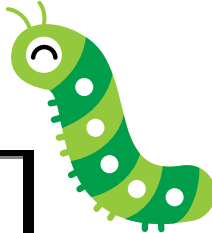
1. It warms and brightens everything.
3. Warm up from a freeze.
5. They make honey.
7. Meal in the park.
8. Colorful arc in the sky.
10. It keeps the rain off you.
12. The color of spring grass.
14. Where a bird lives.
17. An adult caterpillar.
19. A baby chicken.
20. What chicks hatch from.
21. It comes after winter.
22. Red insect with black spots.



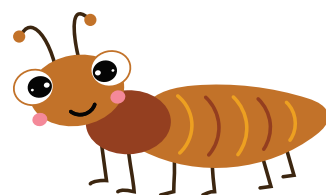
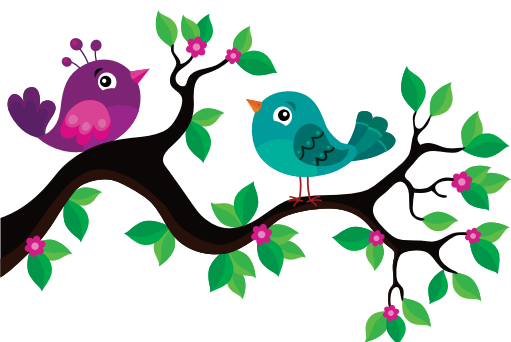
## Down

2. Come out of an egg.
4. Wiggly creature that lives in the ground.
6. Short rainfalls.
7. Small pool of rain.
9. What the lawn is made of.
11. Another name for a rabbit.
13. A spring holiday.
15. Holland is famous for this flower.
16. Just a little wind.
17. Flower on a tree.
18. It is green and on a plant.
19. It might hide the sun.





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# September

1st Brigitte Sorenson

5th Joy Jarrett

7th Ganna Hoole

9th Clarrie Hillard

11th Margaret George

13th Verna Wilmott

14th Daphne Kindt

17th Shirley Roberts

19th Pat Skinner

22nd Jan Billing

26th David

Donaldson

26th Aria Korteweg

29th Leon Teitzel

# October

1st Marg Prior

1st Frank Piedl

4th Mary Grant

5th Dawn Clancy

10th Lorraine Ford

11th Shirley Brook

12th Rhonda Chapman

18th Bevis Gibson

18th Richard Wade

22nd Moira Lawless-Pyne

25th Julie Zerner

Upcoming Resident  
Birthdays

# November

4th Dawn Manton

5th Trish Knowles

13th Cecil Goebel

14th Noela Donpon

28th Delphine Pitt



HAPPY  
BIRTHDAY





# Upcoming Staff Birthdays



## September

- 5th Rizza Hipolito
- 6th June Hunas
- 9th Marianne Palaming
- 13th Ben Cilento
- 15th Crystal Wilson
- 21st Danielle McElheran
- 21st Melissa Ramos
- 22nd Nourienne Rapacon
- 23rd Storm Knight
- 25th Tilly Ratukalou

## October

- 7th Cindy-Lou Elger
- 18th Cailin Devantier
- 24th Debbie Rogers
- 26th Isobel Waugh
- 27th Tenneille Aguilar
- 27th Coopar Knight
- 20th Gab Canalita



## November

- 8th Laura Foster
- 8th Bill Leach
- 9th Lindy Ellis
- 10th Nicola Marchant
- 22nd Grace Go Cabo Chan
- 24th Natasha Newman
- 29th Zoe Caffrey



HAPPY BIRTHDAY





# Kaloma Music Program



Music is widely acknowledged to be a universal quality of our species. All cultures and social groups participate in, and respond to, music. It has the power to produce a sense of wellbeing, influence our mindset and can induce many beneficial physiological changes within us.

Music can reduce feelings of anxiety or stress, assist in mood and energy level regulation, and can manage challenging behaviours like anger and frustration. Listening to music can aid in relaxation and sleep by soothing the autonomic nervous system, the regulator for our involuntary processes, leading to slower breathing, lower heart rate, and reduced blood pressure.

Music can assist our gross motor and executive function too which can improve fine motor skills, balance, and physical independence.

A readily available, low risk and inexpensive tool - Music can help with acute & chronic pain management, as our physical & psychological response to music redirects our focus away from pain to something else.

What's more, music is an integral part of daily life, our identity, and our heritage. It can evoke powerful memories and emotions.

We hear the radio in the car, we use playlists to motivate us to exercise, we sing hymns at church and remember nursery rhymes from childhood.

Music is everywhere in our existence.

Think about your wedding song, or graduation song, or a song your grandparent used to sing, or a song you listened to hanging out with mates, or even your national anthem... how does it make you feel right now? Where did it take you? What were you reminded of? A time? A place? A person?

That is the power of music. It connects and transport us through time.

It makes us feel and remember.

Pretty incredible right?!

Until next chronicle, take care all!

Kind Regards

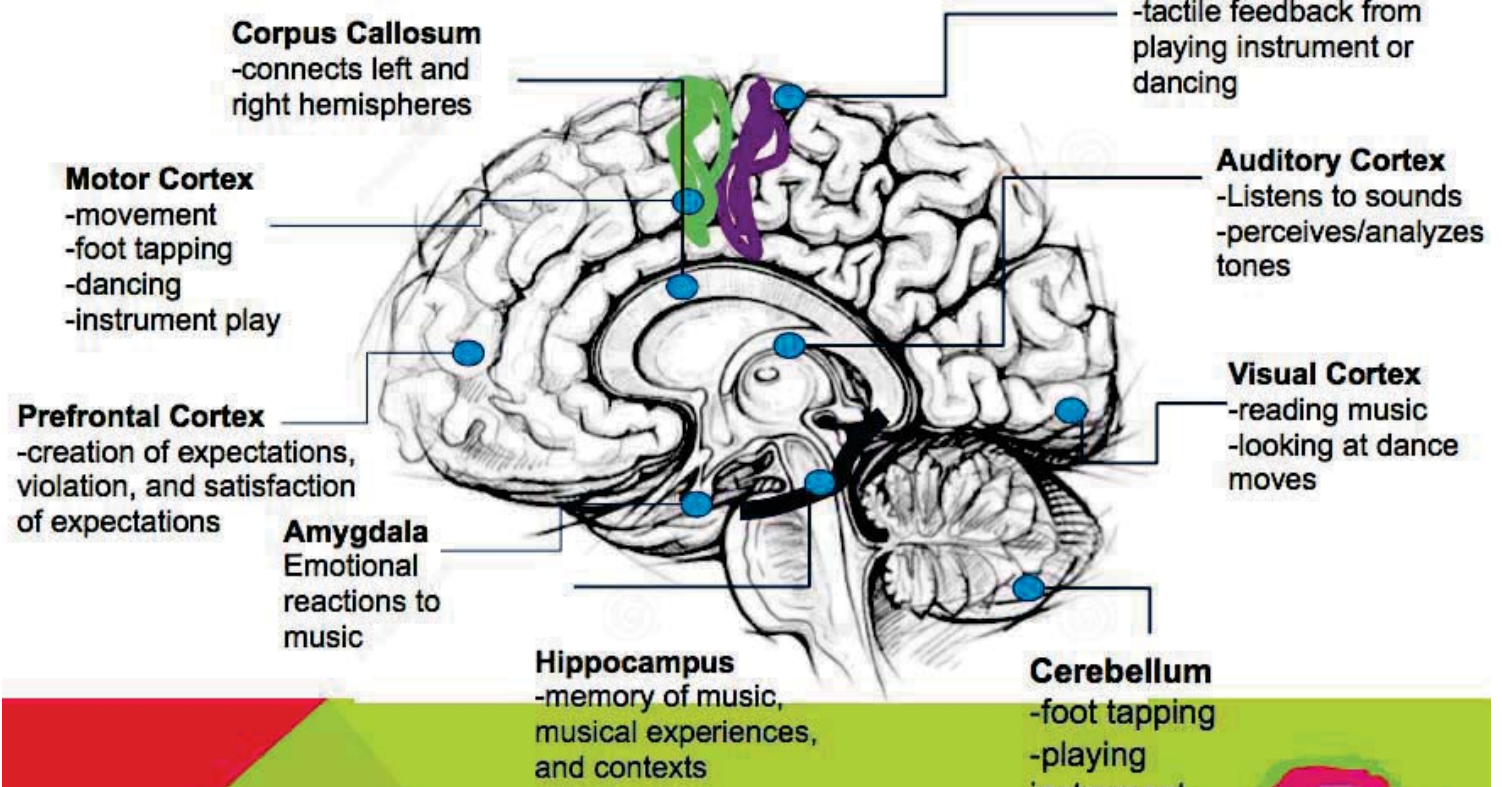
Janie Jackson - Lifestyle & Music







## Music & The Brain

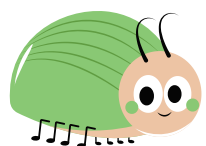
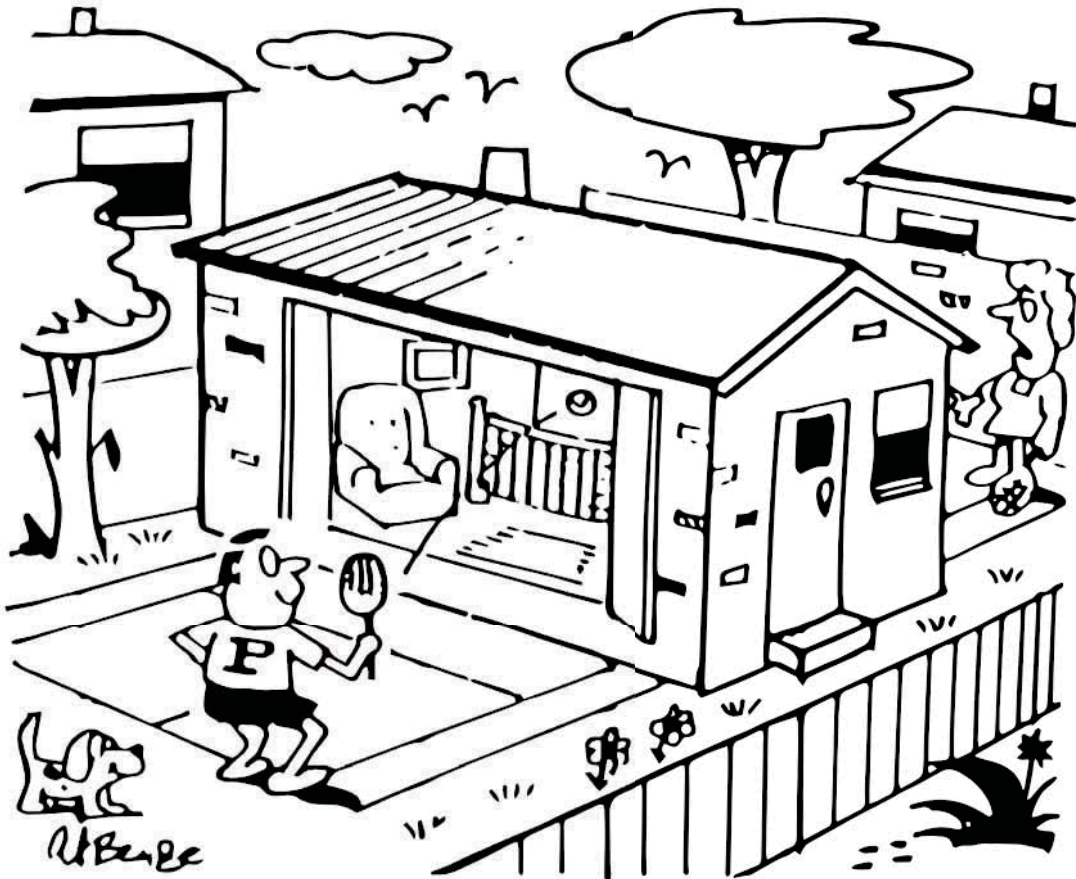
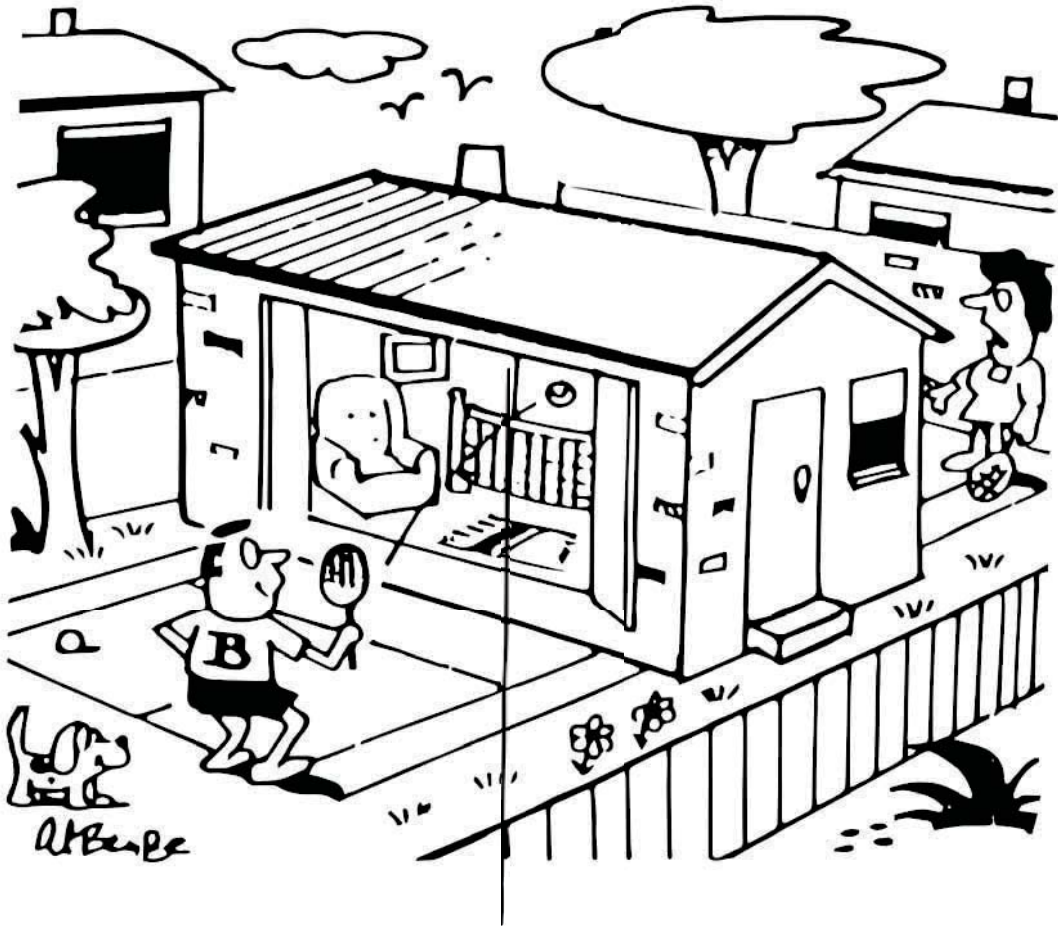


Source: *This is Your Brain on Music: The Science of Human Obsession* by Daniel J. Levitin



# Spot The Differences

They look the same but there are 10 flaws to be found! See how many can you spot.





# *As I sit in Heaven*

As i sit in Heaven and watch you everyday,  
I try and let you know with signs,  
i never went away.

I hear you when you're laughing,  
and i watch you as you sleep, I even place my  
arms around you, to calm you as you weep.

I see you wish the days away,  
begging to have me home,  
So i try and send you signs, so you know  
you're not alone.

Don't feel guilty that you have a life, life that  
was denied to me,  
Heaven is truly beautiful just you wait and see!

So live your life, laugh again, enjoy yourself,  
be free then I'll know with each breath you take,  
you'll be taking one for me.



# Rusty Potter

Russel G Potter: Self taught artist.

Rusty was an icon of the Goondiwindi Community. Our community was his family - he was loved by so many.

Rusty came to Kaloma when he was unable to care for himself. MAPR managed to get the perfect cat for Rusty who he named 'Tab Adams'. Rusty and Tab Adams fitted into Kaloma well with Rusty always being very busy. Rusty would help with chores, welcome new people, be a personal shopper, rubbish collector and mailman.

No job was ever too hard for Mr Potter. Rusty's saying was "If you want anything done just let me know".



Life is not the same without you in it Russell G.  
Hope your helping out up there.

# Ben White

Benny White, what a character, always having a joke!

Ben loved to be a part of all of anything that was happening. Ben was adored by his wife Pat who had lunch with him every single day without fail.

We miss you both

Rest Easy Benny



# Norman Batterham

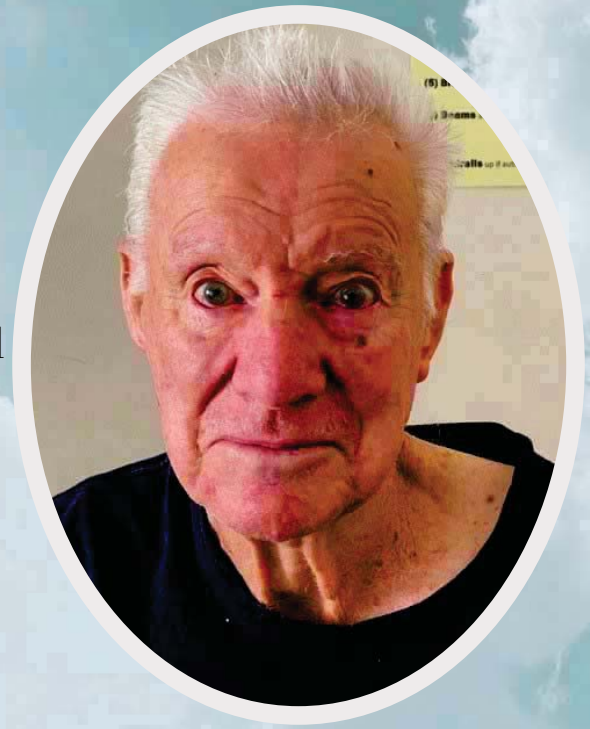
Norm has always been a huge part of Kaloma life, even before he moved and decided to call Kaloma his home.

Norm's wife Di lived at Kaloma and Norm visited her every day!

Judi, Norm's daughter-in-law managed the housekeeping section of Kaloma and his son Daid is a massive supporter of Kaloma.

So Norm you and your family are part of "Kaloma".

We miss you and hope you and Di are together at peace.



# Jennifer Swain

Jen was a very valued member of the Goondiwindi Community. Jen came to Kaloma to make it her home.

Jen was not with us very long but she had managed to fit into Kaloma life very well.

We all enjoyed her happy presence.

Rest Easy Jen





# John and Clancy Hickman

John and Clancy moved into Kaloma around 4 years ago. The absolute best of friends!

Clancy and John were rarely apart.

They were hardly ever seen apart; whenever John stepped out, Clancy made sure the entire building was aware of it.

Clancy was a part of Kaloma and was loved by so many resident's who he would visit daily.

Clancy took ill one evening and Tammy got him to Border Vets faster than any ambulance ever could of!

Clancy passed away the next morning - unexpectedly.

John's health had been declining, leaving us uncertain if Clancy was aware of this. Perhaps God took Clancy so that John wouldn't have to worry about him in his final days.

A week after Clancy passing John's health declined rapidly.

He passed surrounded by his Kaloma family.

Clancy was cremated and they are both now together again at peace,

Run free Clancy - chase those birds and enjoy all the food and snacks that you so dearly loved.

We miss you both madly!





# Sue Breedon

Sue came to us from Moree. Sue didn't know anyone else at Kaloma however managed to build friendships in her short time here.

Sue passes peacefully after a long life.

We hope that the vanilla ice cream is top quality for you up there Sue.

Rest Easy



# Ron Hannan

Ron had a big personality and often regaled us with stories of his life, from boarding school as a youngster, Army Cadets, working on the land, his life in Woolsheds classing Merinos finest wools.

Ron was exceedingly proud of 'his Girls' and loved them and his wife Kay dearly.

Rest in Peace Ron.  
We will miss you.





*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 Spring 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.

We are here to offer any help you may need to assist you to remain at home for as long as you can. If you know anyone who would like information about our home care packages, please contact Home Care Coordinator Jo-Anne Sloss or Kaloma CEO/FM Tenneille Aguilar on 46711422.

Did you know that our home care program can offer a Fee for Service to people requiring assistance prior to allocation of home care package????



To recap a few things-

Clients can purchase a meal through their home care budget which will cost an out-of-pocket fee of \$5.00 per meal (\$10 can be charged to your package). Unfortunately, the food component of our meal service is not something that can be covered under a client's budget and this needs to be paid separately by the client (meal prep and delivery are still allowed).

You can opt to have the meal either delivered to your home (there will be a delivery cost) or have this at Kaloma if you attend respite days here's.

A meal will consist of: Hot meal, soup, sweets and juice.

Kaloma has tried to keep the price down for our clients and this will be invoiced monthly in arrears for however many meals clients receive either at their home or in Kaloma.





As per our client handbook, if you are not going to be home at the agreed time we are due to call and do not give a minimum of 24 hours' notice, you will be charged for the scheduled time we are to be at your home.

This is also the same if you do not answer the door when staff call, as we will still have to pay staff.

The exception being if you are in hospital. There also maybe a slight wait time if you are needing extra\more assistance as we are quite busy now, however we strive to help where we can.

Assistance with shopping is done after lunch deliveries around 12.30pm.

All of our clients are welcome to attend activities at Kaloma Monday to Friday between the hours of 9.30am-11.30am and they can also have their midday meal with our residents (see meal mention above). If this is something that interests you, please speak to Jo about how this will fit into your home care budget or if there will be a cost to yourself. As this is in a group activity it is charged at a lower rate than our normal hourly service charge compared to one on one. As a bonus you will get to spend time with our lovely lifestyle staff who will assist you whilst you are here and have a cuppa and some yummy treats as well.

#### Infection Control:

I sound like a broken record but I cannot stress this enough.

It is still very important that if you or anyone who lives with you are feeling unwell to phone Kaloma and/or notify Coordinator Jo on 0411031136 before staff arrive at your home so we can wear appropriate PPE to stop the spread of infections.

There are currently a lot of nasty viruses going around. If staff arrive and you are unwell, they will be running back to the cars to put on a N95 mask even if it's just a sniffle. It might seem like over kill but as we are a small team please think about what happens to you if we are all off sick and there is no home care staff available to assist?

So please contact us prior to our arrival.



I (Jo) had a lovely family holiday in beautiful Fiji we spent 7 glorious nights at Plantation Island resort, the high light was the food (cocktails were also yummy), snorkelling and the Fijian people really made the stay.

Amelia loved kids club and the ice cream parlour.

Just a heads up that I will be sending a letter out shortly to enquire what services clients are requiring over the upcoming King's Birthday holiday on Monday the 7th of October.

Another letter will also be sent out in November to enquire what services clients are requiring over the Christmas Period as they are charged at a higher rate per service.



Until Next time

Jo (Coordinator) Laura (RN), Angie, Ben, Molly, Bec and Rachel



# Infection Control Corner



As the flowers start to bloom and the days get longer, it's the perfect time for a fresh start..

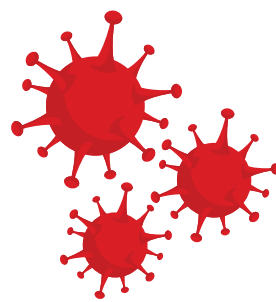
Let's sweep away those winter germs and embrace a cleaner, healthier environment!

Here's a Spring Cleaning Checklist:

1. **Brighten Up Your Space:** Give your surfaces a thorough scrub-down. Freshen up your cleaning routine and make sure high-touch areas like doorknobs, light switches, and countertops get extra attention.
2. **Spring Clean Your Supplies:** Check your cleaning supplies and replace anything that's past its prime. Stock up on disinfectants and hand sanitizers to keep everyone safe and sound.
3. **Breathe Easy:** Open those windows! Good ventilation helps reduce the spread of germs. Plus, a little fresh air is always a good mood booster.
4. **Promote Healthy Habits:** Encourage everyone to wash their hands frequently, cover their coughs and sneezes, and stay home when they're feeling under the weather.

Let's make this spring clean and healthy, and keep those germs at bay

Infection Control Officer  
Tash Marchant



# Word Search

## SPRING CLEAN



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

Gloves

Soap

Cobweb

Filter

Sweep

Rinse

Bucket

Wipe

Shampoo

Bleach

Water

Soak

Dust

Crime

Suds

Laundry

Mop

Vacuum

Scrape

Brush

Wax

Sponge

Ammonia

Weed





## ABOUT US

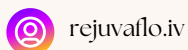
Rejuvaflo IV is an IV Vitamin, Mineral and Amino Acid Compound service which uses an Integrative Medicine Practitioner to assist you in achieving your optimum wellness goals.

Intravenous (IV) therapy is a longstanding practice for addressing various health conditions. IV Vitamins bypass the digestive system which allows for rapid absorption.

All clients have their treatment approved and scripted by our Doctor which specialises and has a passion for Integrative Medicine and helping people achieve their wellness goals.

For your convenience, our Registered Nurses can travel to your home, workplace, or any other location that suits you to administer your treatments, or if you prefer a clinic please let us know.

If you would like to enquire about a treatment please contact us via email below.



SPECIALISING IN  
INTRAVENOUS VITAMINS,  
MINERALS AND  
COMPOUNDS

## OUR SERVICES

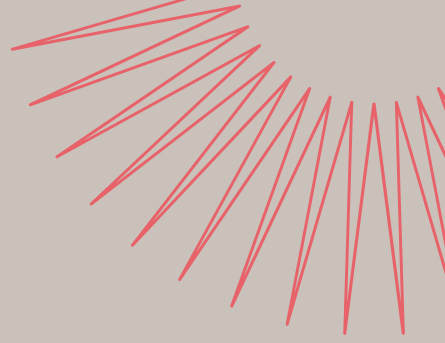
Our treatment options include intravenous therapy as well as once off injections

The vitamins, minerals, and amino acids provided are:

- Vitamin C
  - Vitamin D
  - B-complex
  - Zinc
  - Magnesium
  - Glutathione
  - Co Enzyme Q10
  - Alpha-Lipoic Acid
  - Choline
  - Glycine
  - Selenium
  - Gaba
  - B-12
  - Carnitine
  - Inositol
  - Methionine
  - Arginine
  - Lysine
  - Ornithine
  - Glutamine
  - Biotin
- and many more...



# MEET OUR TEAM



*Tenneille Aguilar*

Registered Nurse

Tenneille is the CEO/Director of Nursing at the Aged Care in Goondiwindi (Kaloma). She has extensive background experience in General Acute Medical and Emergency Nursing and has been a Nurse with AHPRA registration for 19 years. Tenneille has undertaken an in-depth two day training course with Academy by IV League in Sydney, and is keen to help her clientele achieve their wellness goals and optimise their physical performance!



*Courtney Hegarty*

Registered Nurse

Courtney has a Clinical background within the Geriatric field, with previous experience of General Acute Medical Nursing. She is currently studying her Masters of Nursing and has been AHPRA registered for five years. Courtney has recently undertaken an in-depth two day training course at Sydney with Academy by IV League, and is eager to share her knowledge and skills with new clients on all things vitamins, minerals, and amino acids!

# Lemon and Honey Chicken Salad

Zest and juice of 1 lemon (plus 1 tbsp lemon juice, extra)

2 tbsp honey

1/4 cup extra virgin olive oil

1 cup mint leaves, half finely chopped

4 x 200g chicken breast fillets, sliced into thirds

200g podded fresh or frozen broad beans

200g garlic ciabatta loaf, halved lengthways and torn into small pieces

Large handful of baby spinach

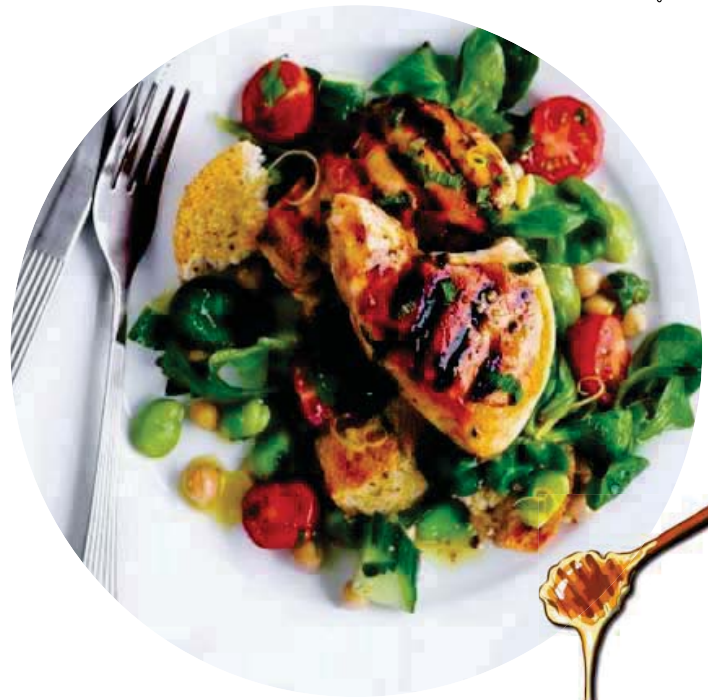
400g can chickpeas, rinsed and drained

125g cherry tomatoes, halved

1/4 cucumber, finely chopped

1/4 cup flat-leaf parsley, chopped

2 tsp wholegrain mustard



## Step 1

Preheat grill to medium-high.

Combine lemon zest and juice, honey, 1 1/2 tablespoons oil and chopped mint in a large bowl. Season with sea salt and freshly ground black pepper. Add chicken, stir to coat, then place in the refrigerator for 10 minutes to marinate.

## Step 3

Blanch broad beans in boiling water for 1-2 minutes. Drain and refresh under cold running water. Remove tough outer skins. Set aside.



## Step 4

Place ciabatta on a baking tray and grill for 4-5 minutes until golden and crisp.

## Step 5

Preheat a chargrill pan to high. Cook chicken for 2-3 mins on each side until cooked through

## Step 6

Toss broad beans, ciabatta, mache, chickpeas, tomatoes, cucumber, parsley and whole mint leaves in a large bowl.

## Step 7

Whisk together mustard and remaining oil and lemon juice. Season. Divide the salad among plates, pour over dressing and top with chicken to serve.





# Passionfruit Sherbert

1/2 cup passionfruit pulp (about 6 large  
passionfruit)

1 cup icing sugar

300ml Coles brand thickened cream

1 cup Greek-style yoghurt

Waffle cones, to serve



## Step 1

Combine passionfruit pulp and icing sugar in a bowl and stir until dissolved. Whip cream until soft peaks form, then gently fold together with the yoghurt.

## Step 2

Add passionfruit mixture and fold through. Pour into an airtight plastic container (about 4-cup capacity) and cover with a tight-fitting lid.

Freeze overnight, until firm

## Step 3

Serve scooped into cones.





# World Alzheimers Day

## September 21st

World Alzheimer's Day on September 21st occurs during World Alzheimer's Month.

On World Alzheimer's Day, health organizations across the globe focus their efforts on raising awareness about this disease.

The first diagnosis of Alzheimer's disease was in 1906.

### What is Alzheimer's

Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases.

Alzheimer's worsens over time. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. On average, a person with Alzheimer's lives 4 to 8 years after diagnosis but can live as long as 20 years, depending on other factors.

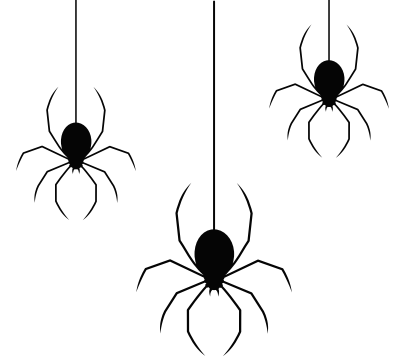


<https://www.dementia.org.au/>



# Halloween

## 31st October



Halloween is a holiday celebrated each year on October 31, and Halloween 2024 will occur on Thursday, October 31. The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts.



In Australia Halloween is not a nationally recognised holiday, but it is celebrated by some people in the country.

Celebrations are usually family-oriented and involve trick-or-treating, dressing up in costumes, carving pumpkins and holding costume parties.



### Halloween in America

grocery stores sell frightening amounts of candy, Jack-o'-Lanterns decorate every yard, and people spend hours creating scary (or silly) costumes to debut on Halloween itself. While October 31 is celebrated in many parts of the world, no one does Halloween quite like the US.

There are 5 common and fun traditions in America

- Making Jack-O'-Lanterns
- Wearing Spooky Costumes
- Trick - or - Treating
- Visiting haunted Houses
- Telling Scary Stories



# HALLOWEEN





# SPOOKY HALLOWEEN CROSSWORD



A crossword puzzle grid with 20 numbered starting points for words. The grid consists of empty squares for letters and white space for non-letter positions. The numbers are: 1 (horizontal), 2 (vertical), 3 (vertical), 4 (vertical), 5 (horizontal), 6 (horizontal), 8 (horizontal), 9 (horizontal), 10 (vertical), 11 (horizontal), 12 (horizontal), 13 (horizontal), 14 (horizontal), 15 (vertical), 16 (horizontal), 17 (vertical), 18 (horizontal), 19 (vertical), and 20 (vertical).

# SPOOKY HALLOWEEN CROSSWORD



## Across

1. What is the name of the Mother in the Addams family - 8
5. In which country did Halloween originate - 7
8. or Treat - 5
9. What is the name of the friendly ghost - 6
12. Where were the famous witch trials held - 5
13. What is the name of Notre Dames Hunchback - 9
14. What is the name of a witchs mixing pot - 8
18. All the bones in your body - 8

## Down

2. What do you traditionally carve at Halloween - 8
3. What is Draculas favourite drink - 5
4. What ist the pungent food that keeps vampires away - 6
6. What fruit do we bob for at Halloween - 6
8. What do the Irish use instead of pumpkins - 7
10. What is a witchs mode of transport - 5
11. What the pot mightcall the kettle - 5
15. In which month does Halloween fall - 7
16. This monster is wrapped in bandages - 5
17. What is a group of witches called - 5
19. Where a vampire sleeps - 6
20. What is alycanthrope - 8

# October Birthdays

*Who Am I*

21st of October 1956



I was an American actor and author. Both my parents were famous: my mother, a well known film star, and my father a crooner.

I started my career at age 18 and appeared in films with Mark Hamill, Harrison Ford, Laurence Olivier and Joanne Woodward.

I was in the Woody Allen film 'Hanna & her Sisters'. My first novel, 'Postcards from the Edge' was published in 1987.

I was briefly married to Paul Simon. I came to prominence in 1977 as Princess Leia.

Initials - CF



8th October 1939

I am an Australian actor, comedian, and producer. My career began in 1971 when I made an appearance on an amateur talent tv show 'New Faces'. The program's entertainment value relied significantly on ridiculing and belittling performers so I went on and gave the judges similar treatment. It worked, and I was invited to repeated performances.

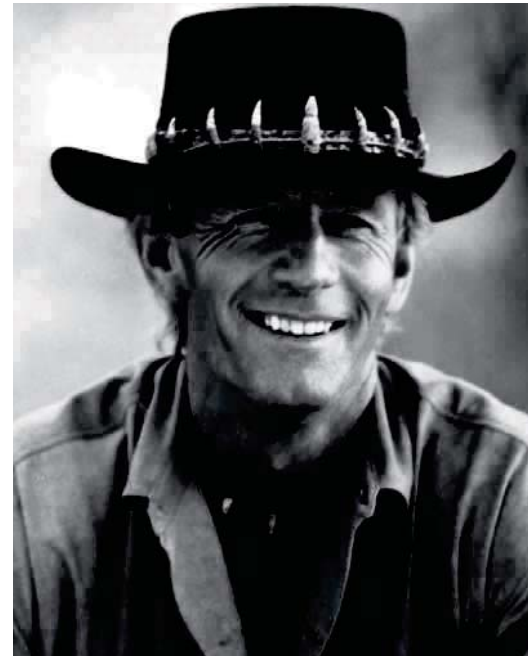
I was born in Sydney, and at a young age I worked as a rigger on the Sydney Harbour Bridge.

In 1982 I starred in an immensely popular action comedy film set in the Australian Outback and in New York City. It became the highest-grossing film of all-time in Australia and was the second-highest-grossing film in the United States in that year.

In 1985 I was named Australian of the Year.



Initials - PH



**WHO ?**



# Remembrance Day Nov 11th

On the 11th hour on the 11th day of the 11th month, a minute's silence is observed and dedicated to those soldiers who died fighting to protect the nation.

At 11am on 11 November 1918, the guns on the Western Front fell silent after more than four years of continuous warfare. The Germans called for an armistice (suspension of fighting) in order to secure a peace settlement. They accepted the allied terms of unconditional surrender.

The conflict had mobilised over 70 million people, left between 9 and 13 million dead, and as many as one third of these with no grave.

The 11th hour of the 11th day of the 11th month attained a special significance in the post-war years. It became universally associated with the remembrance of those who had died in the war.

Originally known as Armistice Day, it was renamed Remembrance Day after World War Two to commemorate those who were killed in both World Wars.

Today the loss of Australian lives from all wars and conflicts is commemorated on Remembrance Day.

We will remember them.

Lest we forget.





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



REMEMBRANCE DAY  
*Lest We Forget*





# REMEMBRANCE DAY Word Scramble

MRBERMEE \_\_\_\_\_

OMEPE \_\_\_\_\_

YPOPP \_\_\_\_\_

ROSLESID \_\_\_\_\_

TVENARE \_\_\_\_\_

MERNOEVB \_\_\_\_\_

HRWATE \_\_\_\_\_

HOSERE \_\_\_\_\_

MTONEM FO LCEINSE \_\_\_\_\_

CPTERES \_\_\_\_\_

VBAER \_\_\_\_\_

NORHO \_\_\_\_\_

LMAEROMI \_\_\_\_\_

DPERI \_\_\_\_\_

ADLEMS \_\_\_\_\_

STLE EW GOTREF \_\_\_\_\_

LFGA \_\_\_\_\_

DIYHOLA \_\_\_\_\_

ARW \_\_\_\_\_

VSEECRI \_\_\_\_\_

YCTEREME \_\_\_\_\_

SECACIRIF \_\_\_\_\_

RHYSOIT \_\_\_\_\_

MSEERNCOIE \_\_\_\_\_



The world is full of kind people... If you can't find one, be one.



# World Kindness Day

November 14th

*Kindness is Magic*

## RANDOM ACTS OF KINDNESS

SAY HI TO SOMEONE NEW

LET SOMEONE ELSE GO FIRST

MAKE SOMEONE LAUGH

SHARE WITH OTHERS

COMPLIMENT SOMEONE ON A JOB WELL DONE

HELP SOMEONE IN NEED

HELP SOMEONE CARRY THEIR THINGS

ALWAYS CHOOSE TO BE KIND

TELL SOMEONE THANK YOU

KINDNESS COUNTS

BE KIND TO THE ENVIRONMENT

DONATE THINGS YOU NO LONGER NEED

ASK SOMEONE ABOUT THEIR DAY

CLEAN UP A MESS YOU DIDN'T MAKE

OFFER YOUR HAND IN FRIENDSHIP

LISTEN TO SOMEONE ELSE'S IDEA

CHECK ON A FRIEND THAT IS SAD

HOLD THE DOOR FOR OTHERS

LET OTHERS KNOW HOW MUCH YOU APPRECIATE THEM

WRITE SOMEONE AN ENCOURAGING NOTE

BRING A SMILE TO SOMEONE'S FACE



# KINDNESS

Sometimes it takes only one act of kindness  
and caring to change a person's life

Jackie Chan

BE  
kind  
to everyone

Carry out a random act of kindness, with  
no expectation of reward, safe in the  
knowledge that one day someone might  
do the same for you.

Princess Diana

Kindness is the language which the deaf  
can hear and the blind can see.

Mark Twain

Kindness  
MATTERS

Kindness makes you the most beautiful  
person in the world, no matter what you  
look like.

Anonymous

Kindness is doing what you can, where  
you are, with what you have.

Raktivist

How do we change the world?

One random act of kindness at a time

Morgan Freeman

Kindness and politeness are not  
overrated at all. They're underused.—

Tommy Lee Jones

SPREAD  
Kindness

Be Kind









# Caramilk Custard Tarts

2 tbsp vanilla custard powder

1 cup milk

180g block Caramilk chocolate,  
chopped

24 choc ripple biscuits

60g dark chocolate, melted, to drizzle



## Step 1

Place custard powder in a saucepan. Stir in about 2 tablespoons milk, until smooth and combined. Stir in remaining milk. Place saucepan over medium-high heat. Cook, stirring, for 8 to 10 minutes or until custard simmers and thickens. Add chopped Caramilk. Stir until smooth. Transfer to a heatproof bowl. Cover surface with plastic wrap. Set aside for 30 minutes to cool. Refrigerate for 1 hour or until cold.

## Step 2

Preheat oven to 180C/160C fan-forced.

## Step 3

Place 1 biscuit on top of each hole of 2 x 12-hole round-based shallow patty pans. Bake for 3 to 4 minutes or until biscuits have softened. Working very quickly, use a teaspoon to shape the biscuits into a cup, using the pan as a guide. Cool for 15 minutes.

## Step 4

Whisk custard until smooth. Divide evenly among biscuits. Refrigerate for 1 hour or until set. Drizzle with melted chocolate.

Stand for 5 minutes.

Serve.





# Paprika Lam Forequarter Chops Tray Bake



8 lamb forequarter chops (1.5kg)

1 tbsp ground turmeric

2 tsps smoked paprika

2 tsps finely grated lemon rind

1 clove garlic, crushed

1/3 cup (80ml) extra virgin olive oil

500 grams cherry truss tomatoes, on the vine

400 gram can chickpeas, drained, rinsed

1/3 cup loosely packed flat-leaf parsley leaves

1 tbsp lemon juice

Lemon wedges, to serve



## Method

1. Preheat oven to 220C/200C fan. Line a baking dish with baking paper.
2. Combine lamb, turmeric, paprika, rind, garlic and half the oil in a prepared dish; season. Spread into a single layer; roast for 15 minutes.
3. Remove dish from oven, add tomatoes; drizzle with half the remaining oil, season. Return to oven; roast for 15 minutes or until lamb is cooked as desired.
4. Just before serving, add chickpeas, parsley, juice and remaining oil to dish. Serve with lemon wedges.

DELICIOUS



# 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

## 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.

## 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

## 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 - \$75

100 labels - \$150

This includes the application of labels by Laundry Staff

## Sign In and Out

Please ensure that you sign in and out of our electronic system when entering and exiting the building.

## INCOMING FOOD

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



LET'S  
CELEBRATE



HAPPY



SMILE :)



# Word Search

## MELBOURNE CUP



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

Prize

Jodhpurs

Glamour

Bridle

Hats

Horses

Boots

Fashion

Stirrups

Excitement

Whip

Gambling

Hero

Saddle

Fence

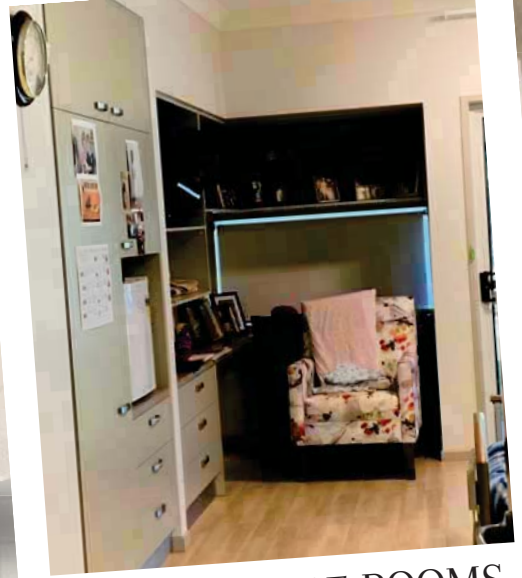
Trophy



Care



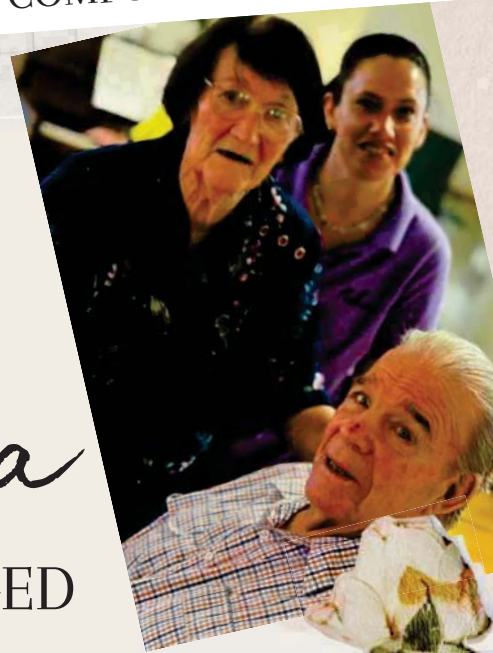
Modern  
Facilities



COMFORTABLE ROOMS



CONNECTION



# Kaloma

HOME FOR THE AGED

Freedom



Spacious gardens



Happiness

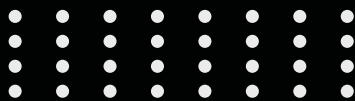




# Make a donation from the heart.

Please help us show our residents the generosity they deserve. Donate today to help us continue to give them the best quality of life in their later years

*"Give our older generation the love they deserve, just like they gave to us"*



# 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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