



# Seasons

The Latest News & Events at Taralga  
Autumn 2024



**Happy Easter  
From Taralga**

We hope that everyone had a wonderful time over Easter.

We certainly did here at Taralga!

Four of our residents were chosen for the important task of judging the **Easter Bonnet Parade** for Prep-Grade 2 classes at Jandowae State School as shown pictured below. Some tough collaborations and decisions had to be made, as they were all incredible.

Of course, here at Taralga we enjoyed sharing wonderful food together with a BBQ lunch, hot cross buns and everybody had a visit from the cheeky Easter Bunny so we could not forget to enjoy a few... (or perhaps a few too many?) chocolate Easter eggs!





## Jandowae Show

The Annual Jandowae Show was held on March 23<sup>rd</sup>. Taralga residents and staff created a beautiful display and submitted entries of some artworks, hats, cooking, plants and photos to share with the local community.

We won **Champion 'Table Pumpkin'** from the vine grown on site by our resident Neil, and handy facility maintenance man Bruce with several of our other entries also receiving prizes and commendations.



## Aged Care Food Service Rankings

**Congratulations** to our Kitchen manager and staff as Taralga has been ranked **4<sup>th</sup> in Aged Care Food Service across Queensland** based on resident food surveys.

We are very grateful for the standard of care and choice our kitchen provides. *"One cannot think well, love well or sleep well if one has not dined well."* (Virginia Woolf)



## Enjoying More Time Outdoors

With the weather being milder, residents have been spending more time outdoors to enjoy the sunshine and gardens.

We have shared many BBQ lunches, outdoor activities, and recently introduced **"Happy Hour"** afternoons in the courtyard with an assortment of drinks and nibbles on offer.



## Continuous Improvement New Weigh Chair

We have purchased a new Weigh Chair that allows ease of transfer, better patient comfort and an efficient convenient method of keeping track of residents' weight at Taralga.

**THANK YOU** to the **Jandowae Craft Club** who handmade 10 quilts, fundraised and generously donated funds for the purchase of this weigh chair.

Pictured with the quilt that has also been donated to Taralga.





## Celebrating "Reading Month" in May

The month of May is "Reading Month" at Jandowae State School and Taralga, so we look forward to having some school students visit for reading books and sharing stories, both young and old, over some morning tea throughout the month.



The more that you **READ**  
the more things  
you will know.  
The more you  
**LEARN**  
the more places  
you'll go!

Reading is to  
the mind what  
exercise is to  
the body.

Joseph Addison



## Anzac Day

Some residents went down to watch the local march and Anzac service at the Jandowae Memorial Hall. Our residents honoured the Anzacs by hand making poppies (pictured above) which were then used for decorating the halls of Taralga as part of the Anzac spirit.

It was an honour for one of our residents, Thelly Norris, who had her emotive poem "To Give My Son" recited by her daughter Vicki Sullivan as part of the towns Anzac Service at the Memorial Hall. Her words had all in attendance feeling the heartaches of war from a mother's point of view.

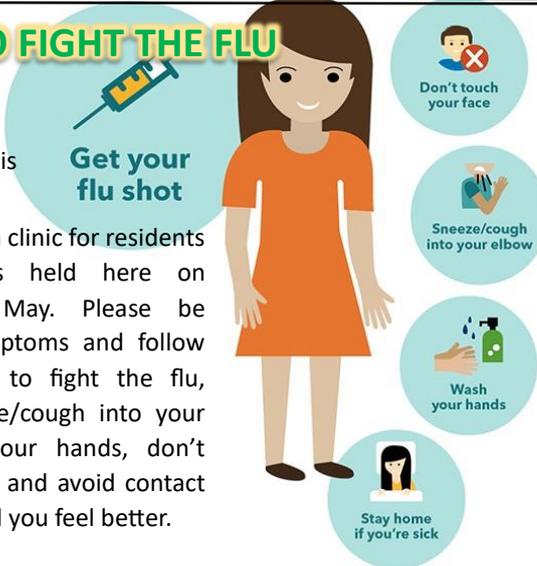


*They shall grow not old,  
as we that are left grow old;  
Age shall not weary them,  
nor the years condemn.  
At the going down of the sun  
and in the morning  
We will remember them.  
  
Lest we forget.*

## 5 WAYS TO FIGHT THE FLU

As the cooler months are approaching so is Flu Season.

A flu vaccination clinic for residents and staff was held here on Thursday 9<sup>th</sup> May. Please be mindful of symptoms and follow the tips listed to fight the flu, including sneeze/cough into your elbow, wash your hands, don't touch your face and avoid contact with others until you feel better.



## Riddle me this:

The more you take, the more you leave behind.  
What am I?

(Answer is on Page 4)



## PHOTO ALBUM



### Have a Laugh!

**Q. What kind of tree can you hold in your hand?**

A. Palm Tree.

**Q. What did the left eye say to the right eye?**

A. Between us, something smells!



### Riddle me this:

Answer:  
**Footsteps!**

### We value your feedback!

We value your feedback, both positive and constructive! Please feel free to speak with us about your care, concerns or suggestions.

## COMING UP

Nurse's Day / Labour Day	6 May
Flu Vaccination Clinic	9 May
Mother's Day	12 May
Residents Meeting	14 May
Ecumenical Church Service	12 Mar

Mother's Day High Tea 27 May

Reading Month School Visits	14 May
	20 May
	21 May
	28 May
	29 May

Podiatrist Visit	22 May
Timbertown Festival	7-9 Jun

Men's Shed continuing on Thursdays 9am  
Footy Tipping due each Thursday  
Tai Chi fortnightly on Mondays

## What is open disclosure?

**Everyone in aged care has the right to be safe and treated with dignity and respect.**

Open disclosure is a conversation your aged care provider must have with you if something goes wrong that has or could have caused you harm.

Open disclosure can help you to speak up about issues and how they have affected you. You can also make suggestions to your aged care provider so together you can resolve any issues.

**Open disclosure requires your aged care provider to take action when something goes wrong. They must:**



Check that you are ok and respond quickly to provide the support you need



Acknowledge the issue and apologise



Find out and explain what happened



Learn from the experience and make improvements