



# Seasons

## The Latest News & Events at Taralga Winter 2024



### Timbertown Festival

Jandowae held the biannual **Timbertown Festival** in June. Taralga Retirement Village was one of the sponsors and we love getting involved in the community spirit of this event. We participated in the **decorate-a-tree competition** placing second overall, had both our buses transporting residents to participate in the **Timbertown Grand Parade** at the Showgrounds, put up a display in the **Pavilion**, and had board members and staff **volunteer** their time on stalls for the Timbertown Committee. Massive thanks to the committee and all those involved in making this festival so enjoyable for our community!

Photos Credit: Judy Tones Photography

*I know them.  
They're from  
Taralga!*



### PARIS 2024



### Get ready to watch the upcoming 2024 Paris Olympic & Paralympic Games! Go Aussies!

Keep an eye out on the **Activities Calendar** for Olympics themed games, crafts and activities.

Show your green & gold colours, enjoy watching all the different events, the professional skills and talents, and cheer on our Australian Olympic & Paralympic Athletes



## Mothers Day High Tea

On 27<sup>th</sup> May we hosted a **Mothers Day High Tea** in the Taralga Courtyard for our facility residents, unit residents and families. It was a gorgeous day to be outside **amongst the gardens** enjoying each other's **company and scrumptious treats!** We were served up delicious scones, sandwiches, tarts, slices and cake.



## Passing The ACQSC Audit

Auditors from the **Aged Care Quality & Safety Commission** visited Taralga at the end of June to conduct an audit and accreditation of the facility. We passed the audit, compliant with all of the Standards and the Performance Report has been published on the Commissions' website. We have been reaccredited until December 2026.



## Role of the Aged Care Quality and Safety Commission

All aged care services need accreditation to receive Australian Government funding. The accreditation process requires providers to show how they meet the Quality Standards. As the national regulator of aged care services in Australia, the ACQSC assesses providers and issues accreditation. The ACQSC performs full audits, checking the quality of care that providers deliver, including against the Quality Standards. The outcomes of assessments are published to provide transparency regarding provider performance.

## Animal Friends

How lovely to have some four-legged visitors to put big smiles on our faces! Cuddles with Dottie the Dachshund are the best! And thanks again to Personal Carer Kyra for bringing in her gorgeous + gentle horse for a little equine therapy for all.



## Riddle me this:

1. I'm tall when I'm young, and short when I'm old. What am I?
2. What question can you never say 'yes' to?



(Answers are on Page 4)





## Bus Trip to Pips'n'Cherries

What a lovely day out when we took the bus journey over to nearby town Bell to enjoy morning tea at the well-known café Pips'n'Cherries. Although all were invited, it ended up being a Ladies Day Out. Lovely service, delicious food, tea and coffee, and good company. All the ladies arrived back with big smiles on their faces.

(Coming Up : A Men's Bus Trip on Thursday 18 July)



A guide for aged care residents

## Food and drink in your aged care home – your right to choose and take risks



**You must be given the choice to accept risks so you can live the life you choose.**

**The Aged Care Charter of Rights states that you have the right to make choices, even if those choices are a risk to you.**

### Frequently asked questions

- What if I want food or drink that is a risk to me?** You can choose to accept the risks, such as salt or pâté, so that you can enjoy your meals.
- What if I want food or drink that makes me choke?** You can choose to accept the risk of choking so you can live the life you choose.
- What if a dietitian, speech pathologist or doctor says that I shouldn't have a certain food or drink?** As long as you have been given enough information, you can make an informed decision to accept the risk.

### Your aged care provider should:

- Ask what you want and regularly check with you.
- Document and share your choices with relevant care staff.
- Give you information about the risks to you and to others so you can make an informed choice.
- Respect your choices and decisions.

### If you need help to make food and dining choices:

- talk to your provider
- 9am – 5pm AEDT, Monday to Friday if you wish to speak with professionals about issues, ideas or concerns in relation to an enjoyable food, nutrition and dining experience in an aged care service. Alternatively, you can contact the Commission's general enquiries line on **1800 951 822** (free call).
- Speak with an aged care advocate at the Older Persons Advocacy Network (OPAN) on **1800 700 600** or visit [opan.com.au](http://opan.com.au)
- Phone the Aged Care Quality and Safety Commission's Food, Nutrition and Dining Hotline on **1800 844 044** (free call).



## PHOTO ALBUM



## COMING UP

Cammie & Charlie Sing-A-Long	11 Jul
Podiatrist Visit	14 Jul
Bastille Day	14 Jul
Bastille Lunch	16 Jul
Men's Bus Trip	18 Jul
Olympic Ceremony	22 Jul
Aged Care Employee Day	7 Aug

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

### Wed 7<sup>th</sup> Aug

Aged Care Employee Day gives the whole of Australia an opportunity to celebrate and honour the people who care for and support the older members of our community.



### Aged Care Employee Day

Thanks for caring

[agedcareday.com.au](http://agedcareday.com.au)

#ThanksforCaring

## Have a Laugh!



Did you hear about the athlete who sadly announced that after trying out, he will not be competing in the Paris Olympics this summer? He said, "Eiffel over too many times."

An Olympic runner adopted 3 kids named Seth, Mark, and Onya.

One day there was a fire and he shouted, "ONYA, MARK, GET SETH AND GO."

Which Olympic sport generates the most conversation?  
Discuss.



### Riddle me this:

Answers:

1. A Candle!
2. Are you asleep yet?

### 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.