



# Seasons

The Latest News & Events at Taralga  
WINTER EDITION 2025



## IN THIS ISSUE

- New Aged Care Act Deferred*
- Quality Improvement*
- Celebrating Our Nurses*
- Top Health Tips for Winter*
- Volunteers Week*
- School Student Visits*
- Snapshots around Taralga*
- Aged Care Food Ratings*
- Health Benefits of Music*
- Photo Album*
- What's Coming Up*

## Aged Care Act Deferred



The new **Aged Care Act 2024** and Support at Home program **due to commence from 1 July 2025** will be briefly deferred to **1 November 2025**.

In a **statement from Hon Sam Rae MP, Minister for Aged Care and Seniors on 4 June 2025**:

'The Australian Government is working to deliver once-in-a-generation reforms to build a high-quality, respectful and sustainable aged care system. The new Act is changing aged care laws to put the rights of older people first. It includes a Statement of Rights and a Statement of Principles to guide how providers and workers must behave and make decisions. This extra time will allow participants to better understand the changes, so you can prepare and make informed decisions.'

**Importantly, you will continue to receive the safe, quality care you deserve.** The Royal Commission into Aged Care Quality and Safety's number one recommendation was to deliver a new Act that puts you at the centre of your aged care, and this is what we are doing. You deserve these improvements; it is as important to me to get them right as it is to you. Thank you for your patience and continuing to work with us on these changes.'

We will continue to provide updates to residents, families, staff and representatives as more information is available or you can follow the Department of Health & Ageing's updates on their website.

## How about a cuppa' High Tea?

What do you get with a sunny day, freshly picked flowers, pretty teacups and saucers, and an assortment of gourmet goodies made in the Taralga Kitchen?? A Taralga High Tea of course!! Smiles all round here enjoying tasty ribbon sandwiches, quiche, Tom's pikelets, Mars Bars slice and the most delicious Zucchini Cake with Cream cheese frosting with our tea and cappuccinos! And, of course fantastic company as pictured here!

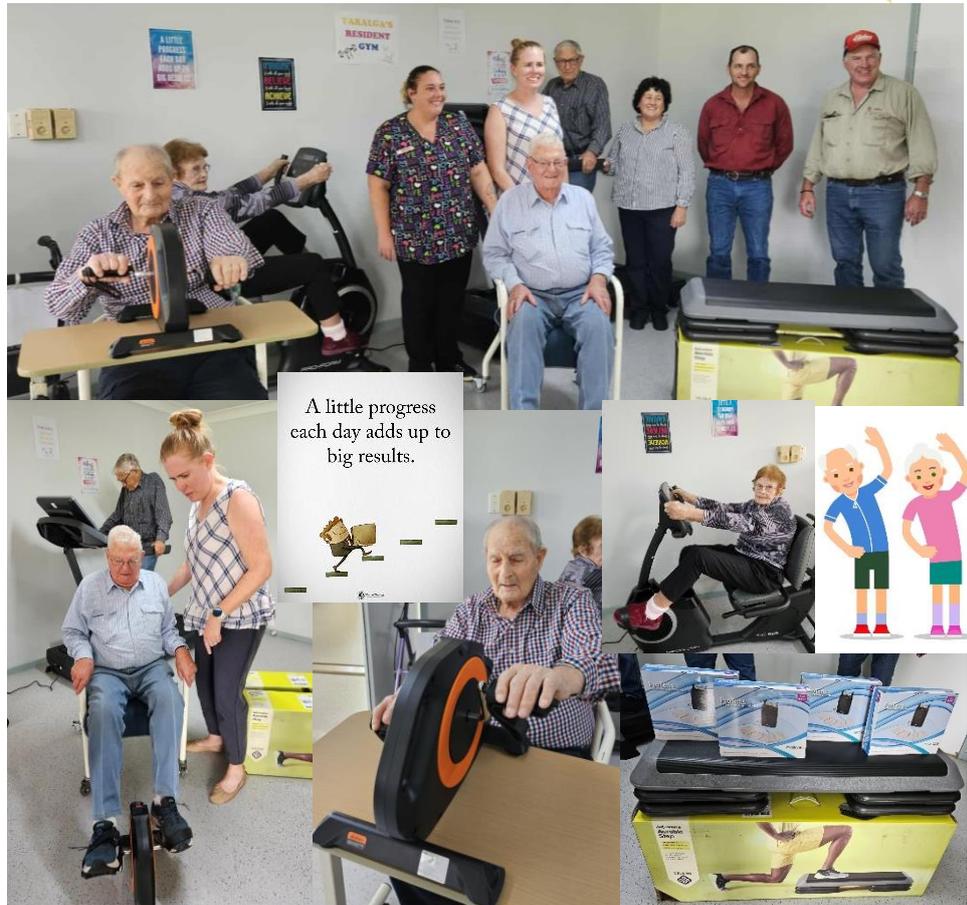




## Quality Improvement Updates

### New Exercise Equipment for Residents Vitality & Wellbeing

Check out our amazing new Exercise Equipment at Taralga for our residents to use to support their health and wellbeing! We had received feedback from our residents that a gym would be useful, and we are **extremely thankful for the generous donation from the Jandowae Campdraft Association** in allowing us to action this proposed improvement! Also shout out to **Active Physio Dalby & Annie Cusack** for their continued advice and support as a consultant physiotherapist, who will assist us and residents with many effective ways to safely use this equipment. New equipment includes an electric treadmill, reclining recumbent bike, two mini bike exercisers and, an aerobic step and four new TENS machines for alternative pain management.



### THANK YOU

**JANDOWAE**  
CAMPDRAFT ASSOCIATION INC



### Continued Upgrades to Taralga Staff Accommodation

Renovations and upgrades are continuing at our Taralga Staff Accommodation which houses registered and enrolled nurses including permanent staff who work a week on, week off roster. This is providing Taralga a comfortable housing location to attract and retain Nursing staff who do not live locally and rely less on Agency costs. It also supports to attract Agency staff when required. These upgrades have been funded by an approved Grant through the **Aged Care Capital Assistance Program (ACCAP)**.

### New Bitumen for Driveway & Footpath Accessibility

Taralga has recently had part of our Bitumen driveway repaired and replaced at our High Street and Kitchen entrance to improve safety and accessibility for facility and independent living unit residents using their mobility scooters and for our Meals on Wheels Service access to the kitchen. **Many thanks to Western Downs Regional Council who generously supported us with grant funding to cover 50% of the costs.** See the improvement pictured below!

In addition to this, after a suggestion from Taralga resident Gary Baines that the **gravel footpath to cross the median strip** directly in front of Taralga's front driveway and the Bowls Club needed repair, staff member Anthea Green submitted a request to Western Downs Regional Council who have since **fixed the pathway and applied new bitumen allowing a safe crossway for residents with their mobility walkers or scooters.** Thank you WDRC for the quick response and action in addressing this issue!





## Happy International Nurses Day

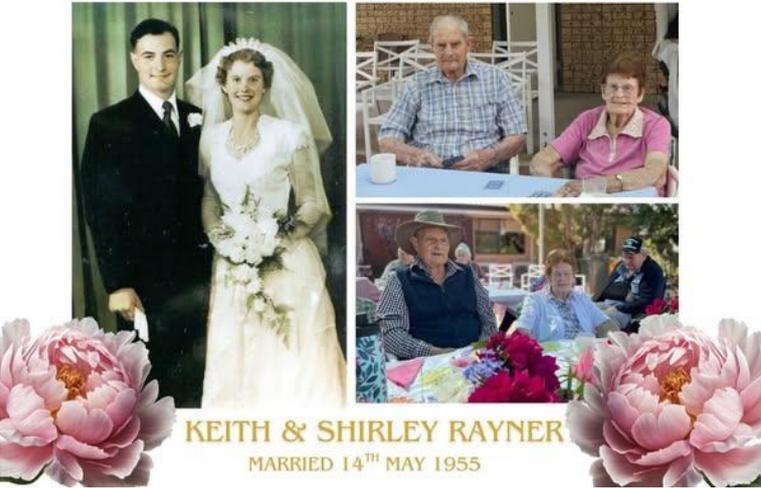
Thank You for Your Care!



## Celebrating our Wonderful Nurses!

Take a quick second to think what your life might look like without nurses... Oh dear, thankfully we are fortunate that we don't have to worry about that! **Monday 12 May** was **International Nurses Day**, celebrating the incredible value, skills, knowledge and care our nurses provide! Pictured above are Taralga Nursing team members Sonja Carloff RN, Rebecca McGuire RN, Sandy Bunt RN, Amanda Dominey EN, and Candice Traves RN / Clinical Manager. Missing from the picture are staff members Serah Dillon RN, Hari Basyal RN & Kalai Ganeshan EN. Taralga wishes to personally thank you all for your amazing care and leadership in making our facility such a wonderful home! Also, shout out and encouragement to the number of Personal Carers currently studying Nursing Courses including Keegan Sutcliffe, Klancie White, Amelia Davies, Jaclyn Gyemore. Keep up the great work team!

## CONGRATULATIONS ON 70 YEARS PLATINUM WEDDING ANNIVERSARY



**KEITH & SHIRLEY RAYNER**  
MARRIED 14<sup>TH</sup> MAY 1955

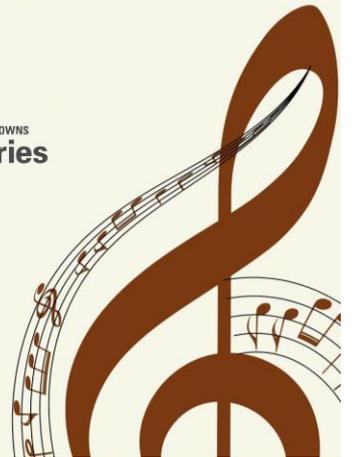
## MORNING MELODIES



**17** Jandowae  
Library  
JUNE 9:30am



Join us for a fun and heartwarming singalong session for adults and seniors, featuring nostalgic tunes and live music! Sing, smile, and reminisce with guitar, keyboard, or bass accompaniment.



### Riddle me this:

1. What gets smaller every time it takes a bath?
2. What can you break without touching it?
3. I sometimes run, but I can't walk. What am I?
4. I am an odd number. Take away a letter and become even. What number am I?

(Answers are on Page 8)



Did you know?

The world's largest coral reef ecosystem lives off Queensland's coast. Great Britain would fit inside the Great Barrier Reef Marine Park 1.6 times!



## Top Tips for Your Health in Winter



### 1. Layer Up in Warm Clothes

As age causes your blood circulation to lessen, you feel the cold far more readily than those around you who are younger. Layer up in warm clothes, even if you'll be hanging around indoors. Wearing long underwear, slippers, thick socks, and layers will keep you comfy and conserve body heat.



### 2. Stay Hydrated

Even in the cold weather, remember to drink water to stay hydrated.



### 3. Plan Outings For Earlier In The Day

One of the hardest parts of winter is the reduced daylight hours. Try to plan your outings before the sun goes down. This way, you're home, snuggly, and safe during the dark winter hours.



### 4. Stay Vaccinated

Residents have already received their Flu Vaccines this year and we have arranged a **COVID booster vaccines clinic on Monday 16 June** for residents, which can be received every 6 months for people 70 years and over. We also kindly encourage staff and visitors to stay vaccinated too and stay home if unwell to help us limit the spread of disease this flu season.



### 5. Prioritize Healthy Nutrition



### 6. Find Ways To Exercise



Exercise motivation can plummet to an all-time low in the winter, and that's the case for younger folks, too. It's easier to just stay bundled up in bed watching television, right? However, your body will benefit from exercise. You're supposed to spend 20 to 30 minutes per day exercising in your older years. **You can speak to the physiotherapist about what exercises can help your specific needs.** You don't have to lift heavy weights or use an elliptical. A regular short walk is enough plus, you can now use the resident gym or treadmill if you can't get outside because of cold temperatures.



### 7. Stay Connected

Whether it's the short days and long nights, the lack of outdoor time, or the frigid temperatures that have got you down (or even a bit of all the above), social isolation will only make it worse. Chat to a friend, staff member or family member. Invite people over occasionally and try not to turn down too many social and activity invitations (safety and health permitting, of course).

Speak to the nurse, doctor or mental health professional if you're experiencing a strong emotional slump and a lack of motivation, as you might have seasonal affective disorder (a type of seasonal depression). This is a common among the elderly, but there is help.

**If you have any questions or concerns about your health, please speak to one of the Nursing or Clinical Staff members.**





It's difficult to put into words just how valuable our volunteers are. Taralga would not exist without the incredibly generous volunteers that dedicate so much of their time, skills, care and expertise to the running of Taralga. Whether it be leadership, governance, fundraising, planning, promoting, transporting, coordinating, entertaining, listening or playing cards and leading bingo, we sincerely thank all the wonderful volunteers for their tremendous contribution to our facility and their impact on the wider community. Thank you to our volunteer Board members of Taralga, Celeste Nelson, Maree Taylor, Helen Davison, Megan Dolan, Trina Sands, Geoff Sullivan, Tom O'Brien, Kerry Philps, Ross Gersekowski, Amanda Bassingthwaighte & Rebecca Harth. Thank you also to our volunteers in care, Leanne Roberts, Ian Broad & Vicki Sullivan for your assistance in the direct care, operations and activities of Taralga as well as the joy and companionship you bring to our residents. And thank you to all the volunteers who have shared their time and expertise in the establishment and over the many years in helping Taralga become what it is today!



## Jandowae State School weekly Visits



Throughout June, **Jandowae State School** students have arranged to **visit Taralga each Thursday** for activities with our residents. So wonderful to see young and old minds coming together to learn from one another while enjoying reading, storytelling, arts & crafts, Lego Club, or colouring-in and some morning tea. **Thank you so much to the Jandowae State School students and staff members** for your cooperation in making these cherished visits happen!

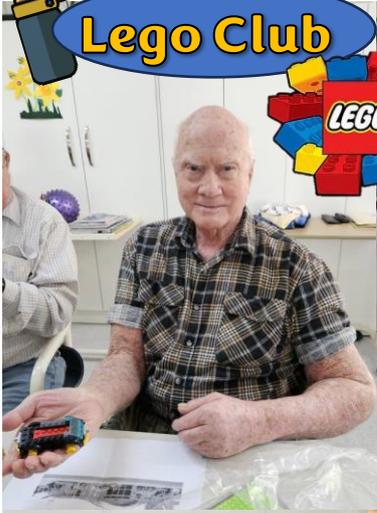




## Snapshots from Taralga



**Lego Club**



**Pips N Cherries**



**State of Origin  
GO QLD!**



**Pamper Days**



**Paint n' Sip**





# Aged Care Food Ratings!

Taralga has ranked equal 5<sup>th</sup> in Qld, and 13<sup>th</sup> nationally in Aged Care Food Ratings with a score of 3.67 out of 4. Thank you and congratulations to our staff members and Kitchen Manager Moira Brazier on their tremendous efforts in ensuring our residents unique nutrition, appetites and preference needs are all met to the highest possible standards.

## Highest Rated

Name	Location	Postcode	Food Score
Churches of Christ Petrie Gardens Aged Care Servic	TIARO	4650	4
Southern Cross Care Allora	ALLORA	4362	3.71
Caloundra Place Care Community	CALOUNDRA	4551	3.71
Jacobs Court - Wesley Mission Queensland	SINNAMON PARK	4073	3.69
Kadimah Nursing Home	KILLARNEY	4373	3.67
Carinity Colthup Manor	IPSWICH	4305	3.67
Taralga Retirement Village Hostel	JANDOWAE	4410	3.67

# 166<sup>TH</sup> BIRTHDAY OF QUEENSLAND!

Queensland Day is a celebration of who we are and where we've come from - a day to honour everything that makes our state great. 6<sup>th</sup> June marks our independence day - the anniversary of Queensland's official separation from NSW in 1859.

Did you know?

The Queensland Flag has a royal twist. It features the Union Jack and a badge with the blue Maltese Cross and a crown - a nod to Queen Victoria.



# Health Benefits of MUSIC

## Improves Your Brain

Did you know that music can make you smarter? Multiple studies prove how listening to music increases cognitive performance - University of Kansas Medical Centre found that, the people who had had musical training in their lives had a better mental sharpness, and scored the highest on brain function tests.



## Work out harder

If you love listening to music while you workout, good news! Music has been scientifically proven to make you workout harder! Studies show that those who workout with music workout harder and their perceived exertion is lower.

## Speeds Up Recovery

Not only does music help you workout harder but also speeds up recovery. Researchers found that music speeds up post exercise recovery and that music tastes did not affect the recovery rate. Another study found that listening to music improves the recovery of stroke patients.

## Reduces Pain

Can listening to music turn you into superhuman? Probably not, but researchers from University of Utah's Pain Research Center found that listening to music helped people to feel less pain.

## Live Music

Fancy seeing your favourite artist live? Well now you have an excuse. Research has shown that live music is more effective than taped music at reducing anxiety and improving mood.

## Reduces Stress

Need to relax? Just listen to some music! Many studies have shown that music can significantly reduce stress and anxiety levels. According to one study, listening to music that you enjoy on a daily basis can significantly lower your levels of stress, and is more effective at lowering anxiety than the sedative Midazolam. Another study found that music's effect on anxiety levels is similar to that of getting a massage!!

## Improves Heart Health

Music can actually be good for your heart. Researchers have discovered that listening to joyful music can help promote a healthy heart.

### JANDOWAE FISH HOOKS GAME SCHEDULE

#### JUNE + JULY 2025

14 <sup>TH</sup> / 15 <sup>TH</sup> JUNE	TAROOM WANDOAN BATTLEERS	VS	JANDOWAE FISH HOOKS	AWAY	TBA
21 <sup>ST</sup> / 22 <sup>ND</sup> JUNE	JANDOWAE FISH HOOKS	VS	ST GEORGE SAINTS	HOME	TBA
28 <sup>TH</sup> / 29 <sup>TH</sup> JUNE	WALLUMBILLA SURAT RED BULLS	VS	JANDOWAE FISH HOOKS	AWAY	TBA
5 <sup>TH</sup> / 6 <sup>TH</sup> JULY	JANDOWAE FISH HOOKS	VS	MILES DEVILS	HOME	TBA
12 <sup>TH</sup> / 13 <sup>TH</sup> JULY	CHINCHILLA BULLDOGS	VS	JANDOWAE FISH HOOKS	AWAY	TBA
19 <sup>TH</sup> / 20 <sup>TH</sup> JULY	JANDOWAE FISH HOOKS	VS	MITCHELL MAGPIES	HOME	TBA
26 <sup>TH</sup> / 27 <sup>TH</sup> JULY	ROMA CITES	VS	JANDOWAE FISH HOOKS	AWAY	TBA



## PHOTO ALBUM



Shout out to the lovely Brenda Hoare for bringing in such beautiful flowers to Taralga!

## COMING UP

Morning Melodies @ Library	TUES 17 JUN
State of Origin GAME 2	WED 18 JUN
<b>FIRE EVAC DRILL (ANNUAL)</b>	<b>THU 19 JUN</b>
World Music Day	SAT 21 JUN
Fishhooks Footy Home Game	SAT 21 JUN
<b>BUS TRIP</b>	<b>TUE 24 JUN</b>
<b>NAIDOC WEEK</b>	<b>1 - 7 JULY</b>
Podiatrist Visit	FRI 4 JULY
<b>Residents Meeting</b>	<b>TUE 8 JULY</b>
Music with Cammi & Charlie	WED 9 JUL
State of Origin GAME 3	WED 9 JULY
<b>Hairdresser</b>	<b>TUE 15 JULY</b>
<b>BUS TRIP</b>	<b>THU 24 JUL</b>
<b>VEGE PEELING</b> each Wednesday 3PM	
<b>SCHOOL VISITS</b> each Thursday in June	
<b>MENS SHED</b> continuing on Thursdays 9AM	
<b>TAI CHI</b> monthly on Mondays 9AM	
<b>PHYSIO</b> Visit weekly on Thursdays	
<b>BINGO</b> weekly on Sundays 9AM	



## Have a laugh!

Why do ducks have feathers on their tails?  
To cover their butt quacks.

What food is never on time?  
Choco-late!

I always wanted to marry Mrs. Right.  
I just didn't know her first name was  
going to be "Always."

Why can't your hand be 12 inches long?  
Because then it'd be a foot.

Why was the teacher cross-eyed?  
Because she couldn't control her pupils.

### Riddle me this:

Answers:

1. Soap
2. A Promise
3. A nose!
4. Seven

### 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.