



Seasons

The Latest News at Taralga
SPRING EDITION 2025



'Cheesy grins' for the win!

We recently enjoyed a gourmet "Taralga Tasting Experience", trying an assortment of different cheeses and here's some of what we learnt! Some liked a sharp cheddar, others preferred a creamy camembert, or a flavoured cream cheese. We tried mixing cheeses with different fruits or veggies and seeing how they can complement each other. There was a consensus that the least favourite is 'blue vein cheese' sometimes known as 'mouldy cheese' or 'smelly socks cheese'. But that didn't stop our cheesy grins; it's great to try new things and be reminded that we all have different tastes. John declares and most of us agree that "cheese tastes even better with wine!" Life's little pleasures. Thank you to our wonderful activities and kitchen team for putting together a delightful spread for us to share.

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.

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Sneak Peek!

Watch this space for the release of **TARALGA'S 2026 CALENDAR** to be published later this year. Photoshoots are in progress...





Quality Improvement Updates

Wambo Wind Farm Community Fund Promotions for Taralga Bus

Film, camera and community officers from **Wambo Wind Farm** recently visited Taralga to capture the impact the new Toyota bus they assisted to fund, has had for Taralga residents and the local community. The bus has wheelchair lift access and allows residents in wheelchairs to be transported for social outings and appointments with ease improving their connection to community and wellbeing. Business Manager, Donna is a wonderful advocate and spokesperson for Taralga's best interests and was interviewed to provide feedback on the benefits we are seeing. If you haven't watched the video, check out our Facebook Page - Taralga Retirement Village. Many thanks to Wambo Wind Farm for their generous support and interest in Taralga.



Exercise & Mobility Equipment: New Parallel Bars

In addition to our gym equipment, we now have a set of **Exercise Training Parallel Bars** on the recommendation of our Physiotherapist to support balance, coordination, and strength of our residents. Adjustable in height and width, they provide a stable, safe environment for mobility practice in clinical, physiotherapy, or home settings. Well done John! who has been using this aid regularly with the physio and independently for exercise. Ideal for recovery from injury, surgery, or neurological conditions, the parallel bars can help deliver reliable support for many ranges of mobility.

CDCS Policy Review

With the New Aged Care Act and Strengthened Quality Standards coming into effect from 1 November 2025, we have enlisted the help of **CDCS (Culturally Directed Care Solutions)** to review Taralga's current policies and procedures ensuring they align with the upcoming changes. CDCS will support us through compliance resources, templates, training and policy reviews to stay up to date with the ongoing reforms in the aged care sector.

Renovations to Resident Rooms

Some construction work is currently underway to two vacant resident rooms at Taralga. We anticipate these repairs and upgrades to be complete soon. Thank you to our residents and families for their cooperation and patience while these renovations are occurring allowing Taralga to improve the comfort and safety for our residents.

!IN PROGRESS!



New Garden Beds for Community Wellbeing

It's springtime so the weather is warming up and it's been wonderful for the residents to be enjoying the outdoors and sunshine more. This means it's a pleasure to be getting our garden gloves on and hands in the soil. We have recently purchased new raised garden beds for communal use by residents and Unit tenants so watch this space as we get them set up and ready to grow many seeds to plants to harvest.



Celebrating our Care Champions!

On Wednesday 7 August, we celebrated **Aged Care Employee Day** by hosting a morning tea to acknowledge all our dedicated team members and volunteers across departments at Taralga care, nursing, kitchen, laundry, cleaning, activities, maintenance, admin & leadership. The time, efforts, training, kindness and care our team give ensures Taralga provides a safe, welcoming and quality home for our residents and the wider community. All staff and volunteers received a small token of our appreciation with a presentation of Certificates and engraved YETI water bottles given to thank and honour our long serving staff members. We truly have the best team of staff and volunteers at Taralga!

Congratulations to

- Kerrie Schrag 20 years*
- Kerry Bowman 15+ years*
- Denise Moy 15 years*
- Kayelene Wenham 10 years*
- Donna Tanner 10 years*
- Kathy Cambourn 10 years*
- Nicole Greep 10 years*
- Moira Brazier 10 years*
- Audra Blinco 5+ years*
- Kylie Lankowski 5 years*
- Tegan Spring 5 years*



Delicious custom cake made by Balinor Bite

We thank you for your care and service to Taralga and the impact you have made on the residents and families you have helped throughout the years!





Morning Tea with Local MP

Residents recently took a bus trip over to Warra joining the **Warra Progress & Heritage Society** for Morning Tea with special guest local **Federal member for Callide – Bryson Head, MP**. All present enjoyed catching up with friends, sharing stories, talking politics and local concerns, but also having laugh over a cuppa' and beautifully prepared morning tea. Thank you to the Warra Progress & Heritage Society for such a warm welcome and Bryson Head MP for taking the time to listen to some of the issues facing our ageing population in the area. Bryson also visited Jandowae and popped into Taralga Retirement Village later that afternoon to check out our home and chat more with our residents and staff.



Shout Out to Mama Moy

We bid farewell to beloved staff member and 'Jill of all Trades' **Denise Moy** who is **retiring after over 16 years of service at Taralga**. Affectionately nicknamed 'Mama Moy' for her caring and nurturing nature, we will miss you, your genuine kindness, your expertise and your wonderful smile that lights up our home. We wish you all the best for your next adventures and travels. Firstly on a native flora tour of Western Australia. We hope to see you again dropping by for morning tea and activities on occasion when you are back in Jandowae.



**Thank You
for Your Care!**





4-12 October 2025

Connect for mental health

Nurture and support positive mental health and wellbeing for yourself and your community.



Connect with self:

Take care of yourself, do something you enjoy, make healthy choices, and seek help when needed.



Connect with others:

Foster relationships with loved ones, friends, family, and mob. Spend time with others and make meaningful connections.



Connect with community:

Be supportive and inclusive, look after one another, and connect with culture. Show kindness and initiate connection with those who are struggling.



Connect with nature:

Take a break from technology, spend time outdoors, embrace mindfulness, and take care of the world around you.

If you or someone you know needs help, the following services are available.

If your situation is life-threatening or you're concerned for someone's safety, call 000 for help.

1300 MH CALL:
Mental health access line
1300 642 255

13YARN
13 92 76
13yarn.org.au

Lifeline
13 11 14
lifeline.org.au

Did you know 1 in 5 Australians* experience mental illness each year, and almost half of all people will experience issues with mental health in their lifetime?

Signs to look out for

Having a difficult time feels different for all of us, but there are some common signs to look out for that may indicate it's a good idea to talk them through with someone.

- Withdrawing from others and usual activities
- Feeling overwhelmed and finding it hard to cope with everyday things and tasks
- Using alcohol or drugs to cope with feelings
- Feeling tearful, wanting to cry all the time
- Feeling irritable, restless or agitated
- Lacking energy or feeling tired all the time
- Feeling angry or short tempered
- Experiencing "brain fog", finding it hard to think clearly, loss of concentration
- Changes to your sleeping or eating patterns
- Feeling that no one seems to understand you
- Feeling lonely
- Having suicidal thoughts.

The team at Taralga are here to listen and support you!



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Stress free ways to get involved



Tea & Talk

A simple cuppa can spark meaningful conversations. Put the kettle on, grab some snacks, and gather friends, family, or colleagues for a morning or afternoon tea catch-

Have a stroll

Step outside with friends during lunch, plan a weekend stroll with family, or invite a friend to meet at the park. Walking together makes conversations flow and gives you a breath of fresh air

Board / Card Games

Break out a classic game or try a fun new game, see who surprises everyone with their strategy skills.

Cook, Eat and Connect

Pick a recipe, gather your crew, and get cooking, chopping, and sizzling! Sharing and talking about food is a great connector.



NHMA Rally

Gary had a great day at the **2025 NHMA National Rally** in Kingsthorpe with the support of NDIS support worker from Gwandalan. They spent the day checking out an incredible collection of old machinery, steam engines, classic vintage cars and enjoying the history and entertainment on offer.



GWANDALAN
DISPATCH SERVICES



Snapshots at Taralga



Bocce / Bowls



High Tea



Day out at Durong



Soaking up the sun



The 2025 NRL Footy Season is coming to an end, with the much-loved **Brisbane Broncos** matching up against the **Melbourne Storm** in the upcoming **Grand Final**. Bring it home Broncos! Our Taralga Tipping Competition is now over with the results below.

Congratulations to our winners!!

- 1st  Gary & Chris 2nd  Tom 3rd  Keith

Riddle me this:

1. You answer me, although I never ask you questions. What am I?
2. What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?
3. They have not flesh, nor feathers, nor scales, nor bone. Yet they have fingers and thumbs of their own. What are they?
4. What only works the first time you use it?
5. What colour is the wind?
6. If there are four sheep, two dogs, and one herds-men, how many feet are there?

New Aged Care Act from 1st Nov

The new Aged Care Act puts you at the centre of your aged care

It will make aged care safer, fairer and more respectful.

This infographic outlines the main parts of the new Act and how they work together.



- Your rights matter**
- Respect for your choices
 - Choose who helps you to make decisions
 - More independence
 - Respect for your culture and identity
 - Better complaints process
 - Stay connected to your community



It's just under a month until the Act comes into effect. To get the most out of your aged care, it's important to understand what's changing and our job as your provider is to ensure we share this information with you. We have included some information on the Act and the corresponding Statement of Rights in this newsletter and there are plenty of resources and training available online at: <https://www.health.gov.au/our-work/aged-care-act/resources/older-people>



Putting your rights and needs first

The **Statement of Rights** will help make sure you are at the centre of your aged care.

You have the right to:

- make your own decisions about your own life
- have your decisions not just accepted, but respected
- get information and support to help you make decisions
- communicate your wishes, needs and preferences
- feel safe and respected
- have your culture and identity respected
- stay connected with your community.

If you are not happy with your aged care, you can:

- talk to your aged care provider
- contact the Aged Care Quality and Safety Commission:
1800 951 822 or **AgedCareQuality.gov.au**
- speak with an advocate on **1800 700 600**
or at **OPAN.org.au**



Australian Government
Department of Health, Disability and Ageing
Aged Care Quality and Safety Commission





Australian Government
Department of Health, Disability and Ageing
Aged Care Quality and Safety Commission

New Aged Care Act, section 23 Statement of Rights

Independence, autonomy, empowerment and freedom of choice

- (1) An individual has a right to:
 - (a) exercise choice and make decisions that affect the individual's life, including in relation to the following:
 - (i) the funded aged care services the individual has been approved to access;
 - (ii) how, when and by whom those services are delivered to the individual;
 - (iii) the individual's financial affairs and personal possessions; and
 - (b) be supported (if necessary) to make those decisions, and have those decisions respected; and
 - (c) take personal risks, including in pursuit of the individual's quality of life, social participation and intimate and sexual relationships.

Equitable access

- (2) An individual has a right to equitable access to:
 - (a) have the individual's need for funded aged care services assessed, or reassessed, in a manner which is:
 - (i) culturally safe, culturally appropriate, trauma-aware and healing-informed; and
 - (ii) accessible and suitable for individuals living with dementia or other cognitive impairment; and
 - (b) palliative care and end-of-life care when required.

Quality and safe funded aged care services

- (3) An individual has a right to:
 - (a) be treated with dignity and respect; and
 - (b) safe, fair, equitable and non-discriminatory treatment; and
 - (c) have the individual's identity, culture, spirituality and diversity valued and supported; and
 - (d) funded aged care services being delivered to the individual:
 - (i) in a way that is culturally safe, culturally appropriate, trauma-aware and healing-informed; and
 - (ii) in an accessible manner; and
 - (iii) by aged care workers of registered providers who have appropriate qualifications, skills and experience.
- (4) An individual has a right to:
 - (a) be free from all forms of violence, degrading or inhumane treatment, exploitation, neglect, coercion, abuse or sexual misconduct; and
 - (b) have quality and safe funded aged care services delivered consistently with the requirements imposed on registered providers under this Act.

Respect for privacy and information

- (5) An individual has a right to have the individual's:
 - (a) personal privacy respected; and
 - (b) personal information protected.
- (6) An individual has a right to seek, and be provided with, records and information about the individual's rights under this section and the funded aged care services the individual accesses, including the costs of those services.

Person-centred communication and ability to raise issues without reprisal

- (7) An individual has a right to:
 - (a) be informed, in a way the individual understands, about the funded aged care services the individual accesses; and
 - (b) express opinions about the funded aged care services the individual accesses and be heard.
- (8) An individual has a right to communicate in the individual's preferred language or method of communication, with access to interpreters and communication aids as required.
- (9) An individual has a right to:
 - (a) open communication and support from registered providers when issues arise in the delivery of funded aged care services; and
 - (b) make complaints using an accessible mechanism, without fear of reprisal, about the delivery of funded aged care services to the individual; and
 - (c) have the individual's complaints dealt with fairly and promptly.

Advocates, significant persons and social connections

- (10) An individual has a right to be supported by an advocate or other person of the individual's choice, including when exercising or seeking to understand the individual's rights in this section, voicing the individual's opinions, making decisions that affect the individual's life and making complaints or giving feedback.
- (11) An individual has a right to have the role of persons who are significant to the individual, including carers, visitors and volunteers, be acknowledged and respected.
- (12) An individual has a right to opportunities, and assistance, to stay connected (if the individual so chooses) with:
 - (a) significant persons in the individual's life and pets, including through safe visitation by family members, friends, volunteers or other visitors where the individual lives and visits to family members or friends; and
 - (b) the individual's community, including by participating in public life and leisure, cultural, spiritual and lifestyle activities; and
 - (c) if the individual is an Aboriginal or Torres Strait Islander person—community, Country and Island Home.
- (13) An individual has a right to access, at any time the individual chooses, a person designated by the individual, or a person designated by an appropriate authority.



COMING UP

Mental Health Week	4-12 OCT
King's Birthday Holiday	MON 6 OCT
Movies at Kingaroy	WED 8 OCT
Menu Committee Meeting	TUES 7 OCT
Music with Cammie & Charlie	WED 8 OCT
Residents Meeting	TUES 14 OCT
BBQ Lunch	TUES 14 OCT
HAPPY HOUR @ Bowls Club	THUR 16 OCT
Hairdresser	TUES 21 OCT
Podiatrist	THUR 23 OCT
BUS TRIP to OAKEY	TUE 28 OCT
HALLOWEEN!	FRI 31 OCT
Melbourne Cup Day	TUES 4 NOV
VEGE PEELING each Wednesday	3PM
MENS SHED on Thursdays	9AM
TAI CHI monthly on Mondays	9AM
PHYSIO Visit weekly on Fridays	
BINGO weekly on Sundays	9AM



Have a Laugh!



Why did the teddy bear say no to dessert?
Because she was stuffed.

What do birds give out on Halloween?
Tweets

Why did the student eat his homework?
Because the teacher told him it was a piece of cake.

**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.

What does a storm cloud wear under his raincoat?
Thunderwear.

Riddle me this: ANSWERS

- | | |
|------------------|---|
| 1. The telephone | 5. Blew |
| 2. NOON | 6. Two. Sheep have hooves; dogs have paws; only people have feet. |
| 3. Gloves | |
| 4. A match | |

SpringTime



Word list:

- BEES
- BIRDS
- FLOWER
- GARDEN
- LADYBUG
- PLANT
- RAIN
- SEED
- SUNSHINE
- TULIP

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

Odd One Out

Pick the one word that doesn't belong in each row.

- Blue – Pink – Park - Black
- Apples-Bananas-Oranges-Chairs
- Hungry-Tired-Happy-Friend
- Friday – Sunday - March- Wednesday
- Salad -Carrot-Tomato-Cucumber
- Windy-Sunny-Clock-Freezing
- Arm-Knee-Finger-Know