

Seasons

The Latest News & Events at Taralga

Christmas Season

We celebrated Christmas in style here at Taralga! First we hosted the Christmas Concert for the Jandowae State School students on our grounds. Our residents had the wonderful opportunity to witness the classes perform their Christmas acts, songs and dances right here from their own home.

We fundraised with a Christmas Raffle, selling Rum Balls, Apricot Balls and Reindeer Food handmade by our residents, and also put on a BBQ and snowcones for refreshments. Local clubs and businesses were also invited to provide their own stalls for selling gifts and fundraising.

What a wonderful occasion to celebrate Christmas amongst the young and old of our community! Thanks to all who were involved in making this such a joyous evening.

Clearly, we were all on the "nice list" as Santa came and visited each one of us with a sack of goodies on Christmas Day!



New Wheels for Taralga

We have a new van that has been generously grant funded by Wambo Wind Farm, Cubico, Stanwell and Powerlink. The sign writing on the van was also received by donation from... We've taken the residents for drives to view the local Christmas Lights and on road trip outings including to the wind farms and Trumpeters Corner. Look out for us out and about on the road!

Australia Day

Taralga residents celebrated Australia Day on January 26th with a morning tea of Aussie damper, lamingtons and cupcakes (made and decorated in Aussie theme by our very own residents).

Friends and family were invited along to join in the fun! A delicious BBQ lunch was enjoyed by all in the air-conditioned dining room, as it was of course too warm a day to spend outside.



Q. What type of music do kangaroos listen to?

A. Hip-hop.

Did you hear about the two baked beans that hitchhiked around Australia?

They ended up in Cairns.



Student Volunteers

Eight students from the Queensland University of Technology visited Taralga and volunteered their time to wash windows and entertain our residents with the ukulele and singing. Our residents wanted to return the favor with Les Allen singing a solo and Chris Mitchell playing Amazing Grace on the saxophone.



Jandowae Reunion

Gratefully accepting books on Jandowae's History done up by the organisers of the 2023 Jandowae Our Home Reunion.

"Buy flowers and chocolates for a lovely lady"

Gary



"True love isn't easy"

Libby



Valentines Day

Taralga residents getting creative by painting heart ornaments and sharing their love advice!

NOTES ON LOVE

"Share your love and love with all your heart"

Les

"Love is a wonderful thing"

Jean



"Happiness is key"

Jess

"Be kind"

Thelma



"Communication is key"

Bec



From Donna's Desk

We all trust that everyone did enjoy their Christmas. Seems so long ago now.

After several weeks of hot weather including a very hot Australia Day we had some relief by one night of heavy rain. The local flooding caused some staffing challenges, but we managed with the added advantage of water views for a day.

Some local events for us all to follow will be the Fish Hooks and Diehards Annual Footy Match and The local Jandowae Show with the Activity staff gearing up to place some Taralga entries in on March 23.

Looking forward to bright 2024.

A Note from Candice

Wishing you all a fabulous Australia Day!

Reminder to keep cool during the hot weather, which we have had a lot of lately. It is important to consume enough fluids, utilise shade and air conditioning and remain comfortable. We always work hard to ensure the residents at Taralga are well and comfortable regardless of the weather... even when the town floods for a day! I'd like to thank the staff of Taralga for all the effort to ensure residents' wellbeing remained the top priority. I am very excited to see finished products that Taralga creates to display at the upcoming Jandowae Show, our residents here are much more creative than I am. I'm sure that the rest of 2024 will be just as enjoyable as the beginning.

Hot Weather Safety Tips for Seniors

As the mercury continues to rise as we reach the middle of summer, it's important that older people take care of themselves and stay cool. Along with young children and those with chronic health conditions, people over 65 are most at risk of heat stress when temperatures soar.

"Heat can significantly increase older people's risk of becoming unwell and impact the effectiveness of some medications,"

"It can be difficult to realise when we're becoming overheated so it's important to be aware of the warning signs, and don't ignore them once they start, as deterioration can be rapid."

Here are some tips for staying cool:

- **Pay attention to weather reports and prevent the heat getting in:** Temperatures above 37°C are particularly dangerous. Act early to prevent heat stress on days when the temperature is predicted to rise above 30°C by closing windows and blinds once the outside air is warmer than indoors.
- **Avoid exposure:** Stay out of the sun if possible. If not, wear a shirt, hat, sunglasses and sunscreen. Sunburn will affect your body's ability to cope with the heat.
- **Cool off:** Take a cool shower or tepid bath if you're feeling hot and flustered, soak your feet in cold water, and keep a spray bottle full of water handy to regularly mist yourself.
- **Dress comfortably:** Loose, light-weight clothing helps your body stay cool. Light-coloured clothing reflects heat and sunlight.
- **Drink water, lots of it:** By the time you feel thirsty your body is already dehydrating, so keep drinking fluids even if you don't feel thirsty. Avoid alcohol.
- **Seek air conditioning:** If you don't have air conditioning at home, spend the day somewhere that does, like a library, cinema or shopping centre. If you do have an air conditioner at home, make sure it has been serviced. Fans will also help you stay cool, but only if they're blowing directly on you.
- **Lay off the hot drinks and caffeine in particular:** Try iced tea or cordial instead.
- **Take note of the colour of your urine:** brown or dark yellow urine suggests dehydration.

If you're suffering heat stress, call for help! Don't wait until it's too late. Symptoms of heat stress include extremely heavy sweating, headache and vomiting, confusion and swollen tongue.



Riddle me this:

Johnny's mother had three children. The first child was named April, the second child was named May.

What was the third child's name?

Answer on Page 4

PHOTO ALBUM



COMING UP

Fishhooks Football Games	24 Feb
Residents Meeting	12 Mar
Ecumenical Church Service	12 Mar
St Patrick's Day	17 Mar
Jandowae Show	23 Mar
Good Friday	29 Mar
Easter BBQ Sat	30 Mar

Men's Shed continuing on Thursdays 9am

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.

Top tips for consumers: Making a complaint

- Write down your concerns or talk them through with someone you trust.
- Consider what you want to achieve, that it is reasonable and will be in the best interests of the person receiving care.
- Raising your complaint promptly and directly with the service provider gives you the best chance of satisfactory resolution.
- Consider using an advocate if you feel unable to do this on your own.
- If your complaint is complicated or more serious, it is best to speak with someone senior.
- Sometimes it helps to make a time to meet so they can concentrate on what you are saying, without distractions.
- Ask about the service provider's complaints process and the timeframes involved.
- Provide as much detail as possible. This will help the service provider to understand your complaint.
- You may feel angry or frustrated. You are likely to get a much better response if you are calm and clear.
- Sometimes service providers don't think to offer an apology when something has gone wrong. Let them know if you would like to receive one, and ask for an explanation of what happened and what will be done to stop it happening again.

Next steps

If you don't receive a response to your complaint or are not satisfied with the response, you can contact us or an advocate.

For more information on how to raise a complaint, you can find resources on our website agedcarequality.gov.au.

If you want to contact an aged care advocate, call the Older Persons Advocacy Network (OPAN) on 1800 700 600.

If you can't do it on your own or with the help of an advocate, the **Aged Care Quality and Safety Commission** can support you.

You can contact us on 1800 951 822.

Riddle me this:

Answer: Johnny!

Reminder: The Podiatrist is continuing to visit every 8 weeks for resident foot care to keep our feet happy and healthy.

