



Whyalla Aged Care Inc.

Resident and Volunteer Newsletter

September 2018



Annie Lockwood Court resident, Ethel Andrews, received a visit from the State Leader of the Opposition, Mr Peter Malinauskas.

Announcements

Welcome

We welcome all our newest residents and their families. We hope our services provide you with a positive experience in your new home.

June Milligan

Yeltana Nursing Home



Resident Birthday Greetings September 2018

To all our residents who share a birthday in September, we hope your special day is filled with happiness and joy. Happy Birthday!

3 September	Peter Reid	96	Yeltana Nursing Home
9 September	Florence Patterson	97	Annie Lockwood Court
11 September	Margaret Learmonth	86	Copperhouse Court
17 September	Isabella Gaughan	84	Annie Lockwood Court
21 September	Joyce Blackwell	80	Copperhouse Court
26 September	Johanna Helm	35	Yeltana Nursing Home
27 September	Margaret Phillips	80	Copperhouse Court
30 September	Gertrude Martin	88	Yeltana Nursing Home

Calendar of Events

Highlights of the Lifestyle Program - Dates to remember September 2018

If you have a request for an activity or outing, please let the Lifestyle Officer know or discuss your idea at your next Resident Meeting.



Annie Lockwood Court

- 7 Sept Gabmididi Mannoo Kindy – Pirates!
- 14 Sept Sundowner Lunch Outing
- 20 Sept Craft Session - Mosaics
- 21 Sept Resident Meeting
- 26 Sept Life Lessons Project with Rob

Copperhouse Court

- 5 Sept Klop Game
- 13 Sept Bowls
- 19 Sept Sundowner Lunch Outing
- 21 Sept Nicolson Ave School Visit
- 26 Sept Resident Meeting

Yeltana Nursing Home

- 4 Sept Resident Meeting
- 7 Sept Reiki with Jade in Cedar
- 11 Sept Sundowner Lunch Outing
- 17 Sept Men's Pool (8 Ball) Outing at Sundowner
- 21 Sept Karaoke



Resident Story

Brigette (Gitta) Weigend – Annie Lockwood Court

Gitta was born on 2nd August 1938 in Magdelburg, East Germany to Margarete and Walter. Gitta has one brother named Joe and the family lived in a group of four flats. Gitta had to help bring up her brother as her mother had to work due to the war.

Gitta completed her primary schooling in Germany and started work at the age of 13 years as a shop assistant in Konsum Grocery store. Her job was to weigh the flour, sugar, jam, mustard and butter. Gitta would use two wires to cut the butter into small blocks. Fruit and vegetables went into handmade paper bags.

Gitta met her husband Bruno at a dance. They would go out as a group to all the dances.

Gitta and Bruno married in 1957 in Germany and after marrying they applied to come to Australia where Gitta's parents had moved two years earlier on the MS Skaubryn. Gitta and Bruno travelled to Australia on the MS Aurelia. The Aurelia carried 800 passengers and 150 crew. They got very sea sick on the trip to Australia and had to stay in their cabin.

The family arrived in Adelaide in 1960 and lived in a big house with other German people. They had one room in the big house for themselves. Gitta and Bruno built a house at Sun Valley right next to the National Park where they lived with Gitta's parents.





Gitta and Bruno moved to Whyalla in 1961 for Bruno's work. Bruno was a brick layer and built lots of houses in Whyalla, Kimba, Port Augusta and Iron Knob. Bruno even built the jail in Port Augusta.

Gitta and Bruno had two children, Helga and Frank, who were both born in Adelaide.

Both children attended the Loveday Street Child Care Centre, McRitchie Crescent Primary School and Stuart High School.

Gitta cleaned houses privately while the children were at school and helped out at the school covering books.

Gitta cooked German food at home for her family and some favourites include dumplings and apple and cherry cakes.

Gitta and Bruno often took the family camping in homemade tents when the children were younger around South Australia and enjoyed these times together.

Gitta previously enjoyed her cactus and shell collection before coming to Annie Lockwood Court.



Gitta's 80th Birthday Morning Tea at ALC

Gitta Weigend celebrated her 80th birthday with a Morning Tea and was joined by her family, other residents and staff at Annie Lockwood Court. *Happy Birthday Gitta!*



Resident Meeting – New format

To improve information sharing and feedback for our residents, a new format for the monthly Resident Meetings will commence in October.

The new agenda will include information about the following:

- Health and Wellbeing
- Work Health & Safety
- Staffing and Management
- Quality and Continuous Improvement
- Housekeeping
- Activities
- Feedback



The Service Department will start a **Food Forum** at each site, which will be a separate meeting. We will discuss the following at the bi-monthly Food Forums:

- Food Quality
- Food Taste
- Food Variety
- Food Temperature
- Suitability of Menu
- Feedback



If you have any other ideas on what can be discussed at the Resident Meetings or the Food Forums please advise the Residential Site Manager in your facility or discuss at the next resident meeting.



Mosaic Art

The creative Annie Lockwood Court residents have been making mosaics for the gardens at Annie Lockwood Court. The artists enjoyed the day and will benefit in the fact their art is displayed around the gardens.



Cookie Baking at YNH



Chewy Ginger Cookies

"These are delicious crispy, chewy ginger cookies that will disappear before your eyes! These are best kept in an airtight container."

Ingredients

2 cups sifted all-purpose flour
4 teaspoons ground ginger
2 teaspoons baking soda
2 teaspoons ground cinnamon
1/2 teaspoon salt
1/4 teaspoon ground allspice

1 cup white sugar

3/4 cup butter, softened

1 egg

1/4 cup dark molasses

1/3 cup chopped crystallized ginger (optional)

Directions

Preheat oven to 350 degrees F (175 degrees C).

Sift the flour, ground ginger, baking soda, cinnamon, salt, and allspice together into a mixing bowl; stir.

Beat sugar and butter with an electric mixer in a large bowl until smooth and creamy. Beat egg and molasses into creamed butter mixture. Gradually stir flour mixture into butter mixture until just coming together into a batter. Gently fold crystallized ginger through the batter.

Roll rounded teaspoon-sized amounts of dough into small balls between your hands and place onto ungreased baking sheets about 2 inches apart.

Bake in preheated oven until the tops are rounded and slightly cracked, about 10 minutes. Cool cookies on baking sheets for 1 minute before removing to a wire rack to cool completely.



Un-labelled Clothes

There are many un-labelled items of clothing at Annie Lockwood Court and Yeltana that cannot be returned to the rightful owner.

If you are missing any clothing, please ask staff to direct you to the un-labelled clothing where you can check for lost items.

Families are asked to assist by checking for any un-labelled clothing.

Any new clothes coming into the facilities must be labelled or you can arrange for Whyalla Aged Care to undertake the labelling for.



From the Auxiliary

South's Morning Tea

Whyalla Aged Care Auxiliary will hold a Morning Tea on 28th September at 10.15am at South Whyalla Football club. Entry is \$8.00 per person. We will have a fashion parade by Uptown Girl and our usual trading table and raffle.

It is important to pre-book. Bookings can be made by phoning Gisella Fletcher on (08) 8645 2874 or 0467 452 874. If not available, please leave a message and Gisella will contact you as soon as possible.

People's Choice Credit Union Raffle

Many thanks to Whyalla community for supporting our People's Choice Credit Union raffle. Once again, the raffle was a success, with all allocated tickets sold. The People's Choice Credit Union generously hold this raffle yearly, with all money raised, going back into the community. The funds raised by the Auxiliary will benefit our aged care facilities in Whyalla.

Stratco BBQ

We held a successful BBQ at Stratco during the Show weekend, it was a cold morning but we managed to raise almost \$200.

LIFE LESSONS - 2018



D'faces of Youth Arts Inc. in partnership with, Whyalla Aged Care, Whyalla City Council and the Whyalla Writers Group, present a unique arts project for Whyalla, funded by Country Arts SA for the October school holidays 2018.

We are searching for young members of our community, and young family members of residents within Whyalla Aged Care, to join and assist us in revealing the character, identity and Life Lessons of our much loved residents, to pass on to future generations.

The project will run from Monday 1st October until Friday 12th of October with a presentation of creative works shown at a Sausage Sizzle lunch at Annie Lockwood Court, 12pm.

The residents of Whyalla Aged Care and young members of our community will have the opportunity to work with our own Whyalla Writers Group and South Australian artists, Claire Glenn, (an award winning Theatre Maker), and a digital multimedia artist, Stu Nankivell.

We are looking forward to presenting this project with you, the community and any family assistance. Please contact the Lifestyle Department in your facility or contact D'faces of youth arts via admin@dfaces.net or phone 8645 1265.

Whyalla Aged Care Inc

www.whyallaagedcare.com.au

Administration

25 Newton Street
WHYALLA SA 5600
Ph: 08 8645 5588
Fax: 08 8645 5596

Yeltana

25 Newton Street
WHYALLA SA 5600
Ph: 08 8645 7699
Fax: 08 8645 4265

Annie Lockwood Court

7 Newton Street
WHYALLA SA 5600
Ph: 08 8645 3955
Fax: 08 8644 1535

Leisure & Lifestyle Dept.

7 Newton Street
WHYALLA SA 5600
Ph: 08 8644 2604
Fax: 08 8644 1535

Copperhouse Court

43a Flinders Ave
WHYALLA STUART SA 5608
Ph: 08 8645 9499
Fax: 08 8645 4134

Community Services

4/17 Newton Street
WHYALLA SA 5600
Ph: 08 8645 3088
Fax: 08 8644 9877

Retirement Living

17 Newton Street
WHYALLA SA 5600
and
Victoria Close
WHYALLA SA 5600

Newsletter Editor:

Liz Hanna
Phone: 8645 5588
Email: lhanna@whyallaagedcare.com.au

Feedback Compliments and Complaints

If you have any concerns in the residential sites please let the Residential Site Manager and/or the Clinical Nurse know immediately so it can be followed up in a timely manner.

To enable the organisation to deal with feedback appropriately there is a form that can be used to capture feedback from residents, clients and advocates:

'Have Your Say' brochure

This form has been designed for you to complete, however staff are available to help you.

You will find the brochure at the feedback stations in your facility. Complaints and Compliments can be recorded on the brochure.



In Memory

Respectfully we advise the following resident has passed away and we extend our sincere sympathy to the family and friends.

Ronald Hirst

Annie Lockwood Court