



NEWSLETTER

THIS ISSUE

A MESSAGE FROM EMMA ALEXANDER

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1	A message from Emma	As we welcome in the month of June we will also be welcoming a new Executive Management Team of The Palms Aged Care. I look forward to introducing you all to The Heritage Team when they visit The Palms on Wednesday 12 th June. They bring with them a wealth of knowledge about the Aged Care Industry and a renewed burst of energy that will allow The Palms to be continually improving and caring for the residents that choose to live with us into the future. I'd like to take this opportunity to thank Mathew Hafford and Lillian Stockall on behalf of all the staff for the support, mentorship and work that they have invested into The Palms making it what it is today.
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"The aim of this community program is to find any polyps or to find cancer early when it is easier to treat and cure, ultimately saving lives." Mr Wiggins said.

If you have current symptoms or a personal or/family history of bowel cancer you should speak to your GP. BowelScreen Australia® tests can be purchased from your local community pharmacy. It is completed at home and returned by post for analysis. The results are sent back to you and a nominated GP. An annual reminder is provided to customers to visit their local pharmacy for re-screening. Positive results from bowel screening programs do not confirm the presence of bowel cancer but do indicate the presence of blood that may be invisible to the naked eye in your bowel movement. You should contact your GP immediately to discuss the result and obtain a referral for further investigation via colonoscopy within 30 days.

Screening is recommended at least every 2 years from age 50.

BIRTHDAYS FOR JUNE

STAR SIGN

Birth Stone – Moonstone



The June Birthstone is known for its healing properties. These properties are due to the unique vibrational frequency each gem possesses.

It has been said to be able to address a persons' specific ailments,, such as calming fears of the unknown, balance emotional states, relaxes the mind and body, supports wisdom and knowledge and increases confidence.

The moonstone has been mined in Australia and in 7 other countries around the world. Moonstone is a sodium potassium silicate that displays a pearly and opalescent schiller. Moonstone's colours are white, grey, purple, green, orange, pink, blue, yellow and brown,

Birthflower – Rose



A rose is one of the best known and most favourite plants in the world. There are 100 different species of roses. The majority of them are native to Asia, while others originate from Europe, North America and Africa.

Roses can be found throughout the world due to commercial breeding. Cultivation of roses started 500 years BC and resulted in the creation of 13,000 varieties of roses.

Wild roses can survive in various habitats, except those associated with extremely cold winters. Certain species of wild roses are faced with an uncertain future (listed as endangered) because of the habitat loss.



CANCER (June 21 – July 22)

Strengths: – Tenacious, highly imaginative, loyal, emotional, sympathetic, persuasive.

Weaknesses:- Moody, pessimistic, suspicious, manipulative, insecure

Likes:- Art, home-based hobbies, relaxing near or in water, helping loved ones, a good meal with friends.

Dislikes:- Strangers, any criticism of Mum, revealing of personal life.

Deeply intuitive and sentimental, Cancer can be one of the most challenging zodiac signs to get to know. They are very emotional and sensitive, and care deeply about matters of the family and their home. Cancer is sympathetic and attached to people they keep close. Those born with their Sun in Cancer are very loyal and able to empathize with other people's pain and suffering.

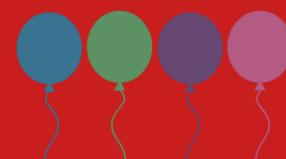
Taking out a Resident

We love to see family and friends coming in to take residents out for various reasons (coffee, shopping, special occasion or just to an appointment).

It is important to inform the RN on duty that you are leaving with the resident in case there is anything you need to be aware of, medication or paperwork you need to take with you. We also ask that you fill in the "Resident Out" section of the Visitors Sign in Book.

Don't Forget – ALL Visitors must sign in and out each visit.

**BIRTHDAY CELEBRATIONS
WILL BE HELD ON THE 19th OF
JUNE
2019**



**HAPPY BIRTHDAY TO THE
FOLLOWING RESIDENTS**

Alkira

June Richmond	3 rd
Nita Edwards	9 th
Georgette Halaby	13 th
Ronald Monro	19 th
Cyril Gardner	27 th

Allambie

Lee Denman	15 th
Raymond Young	22 nd

**HAPPY BIRTHDAY FROM
ALL OF US HERE AT**

THE PALMS!!!

THIS & THAT

WHAT'S ON FOR JUNE

- **4th** Residents & Relatives Meeting – 2pm Alkira Lounge
- **5th** Precious Pats 1:30-2:30pm
- **10th Queen's Birthday Public Holiday**
- **12th** Residents, Guardians & Relatives Information session on change of management of The Palms
- **14th** Hazelhurst
- **19th** Birthday Celebrations
- **28th** Entertainment – Sweet Violets 1-1.45pm Alkira Lounge.

BUS TRIPS

9.30am – 12.00 noon

Tuesdays for Allambie Wing

Fridays for Alkira Wing

VISITING HOURS

It would be greatly appreciated if visiting hours can be kept from 10am. Prior to 10am can impact on the ability to deliver care to our residents.

LOST PROPERTY

THE LOST PROPERTY IN THE GARAGE IS
STARTING TO OVERFLOW

RELATIVES – PLEASE CHECK THE TUBS IF
YOUR FAMILY MEMBER IS MISSING
SOMETHING.

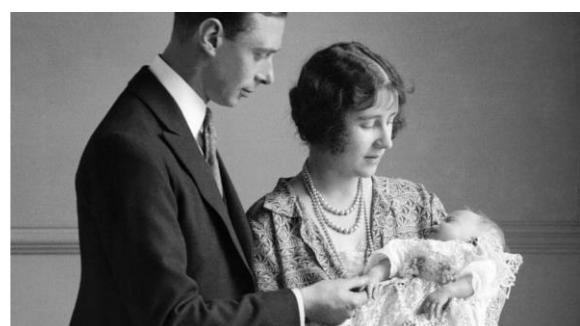
THE UNCOLLECTED CLOTHING WILL BE
DONATED TO CHARITY AT THE END OF THE
MONTH



It's the Queen's 93rd Birthday but she won't officially turn 93 until later in the year. That is because the Queen has 2 birthdays each year.

One – her real birthday on 21st April, as she was born on this day in 1926. Then a **second** one – the public celebration – on the second Saturday of June. In the past, official celebrations to mark a King or Queen's birthday in the UK have been held on a day that isn't their actual birthday.

The double birthday tradition started more than 250 years ago by King George II in 1748.



This is a picture of the Queen when she was born in 1926.

Her father, Duke of York (later King George VI) was the second son of the King. Her mother, The Duchess of York (later Queen Elizabeth) was the youngest daughter of Scottish Aristocrat the Earl of Strathmore and Kinghorne.

ACTIVITIES TO WATCH OUT FOR

27th May 2019

RESIDENTS, GUARDIANS & RELATIVES

Palms Aged Care

Date: June 12th, 2019

11.30 am – 12.00pm

Venue - Palms Aged Care

Welcome	[PALMS AGED CARE RESPRENTATIVE]
Matters concerning the change of Management	[PALMS AGED CARE RESPRENTATIVE]
Introduction to HERITAGE CARE	[HERITAGE CARE RESPRENTATIVE]
Background of HERITAGE CARE	[HERITAGE CARE RESPRENTATIVE]
HERITAGE CARE & our philosophy of care	[HERITAGE CARE RESPRENTATIVE]
The future at The Palms	[HERITAGE CARE RESPRENTATIVE]

Questions from Attendees

Meeting Close

A reminder to all visitors that if you are feeling unwell please delay your visit until you are feeling better. Colds, coughs and flus spread quickly and we will endeavour to keep all our residents and staff well through this winter season.

Handwashing is the best way to prevent the spread of coughs and colds.

Happy Snaps



HUMOUR

Q: Why do bees have sticky hair?

A: Because they use honey combs!

Q: Why did the donut visit the dentist?

A: To get some new filings!

Q: How do you make an egg giggle?

A: You tell it a “yolk”!

Q: Which bird is the strongest?

A: A Crane!

Q: What do you call a baby monkey?

A: A “Chimp” off the old block!

Q: What washes up on a very small beach?

A: Microwaves!

Quote of the Month

The best preparation for tomorrow is doing your best today!

WINTER WORD SEARCH



Winter Word Search



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

BLIZZARD	FIREPLACE	PLOW
BOOTS	FROSTY	SCARF
COAT	HAT	SHOVEL
COCOA	ICE	SKIING
COLD	ICICLES	SLEDDING
DECEMBER	JANUARY	SNOW
EARMUFFS	MARCH	SWEATER
FEBRUARY	MITTENS	WINTER

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27th May 2019,

Dear Residents, Families & Relatives,

CHANGE OF OWNERSHIP/MANAGEMENT OF PALMS AGED CARE

We are pleased to announce that as of Tuesday the 2nd July 2019, the ownership and management of Palms Aged Care will transfer to Heritage Care, a company with the resources and vision to provide high quality care in the aged care industry.

Residents and their families/representatives can be assured that the home-like environment of Palms Aged Care and care received will continue to be of the highest standard. HERITAGE CARE will take over the responsibility and care for residents from Tuesday the 2nd July 2019.

A meeting for residents will be held to introduce the new Management team & is scheduled to take place on Wednesday, June 12th at 11.30am to 12.00pm at Palms Aged Care. It is here that any questions from attendees will be addressed. A Department of Health publication, 'Rights and responsibilities of residents of aged care homes' and related material is attached for the information of residents, families, representatives and friends.

The management team at Palms Aged Care would like to thank the many people who have contributed to the high-quality care and lifestyle of the residents living at the home.

We look forward to a smooth transition.

Should you wish to discuss the above matter further, please contact us at any time.

Yours faithfully

A handwritten signature in black ink, appearing to read "Mathew Hafford".

Mathew Hafford,

Director / Operations Manager