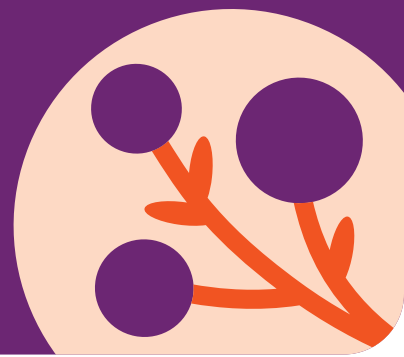


Juniper Waratah Lodge Residential Aged Care

Newsletter | May 2024



Woolorama Waratah residents

On March 7, our residents were spoiled after being invited to the Woolorama Agricultural Show for a special and exclusive afternoon tea, where they were also given a preview of the art displayed this year.

The bus was very full as most of our residents were excited to go.

Upon our arrival, we were escorted into the Eric Farrow Pavilion, where we mingled with friends and members of the community, over a delicious afternoon tea of cake, sandwiches, and homemade cookies.

We were then officially welcomed by Fiona Dawson, the Vice President of the Woolorama Committee, and Jack Stallard, who is this year's Woolorama Rural Ambassador.

It was a wonderful afternoon which saw our residents wandering around the many different art displays, including the small art display we had submitted to the show.

Some of our residents even tackled the large machinery oval to get a firsthand glimpse of all the new machinery on display.



It was a lovely afternoon catching up with so many friends in our local community, and everyone enjoyed themselves immensely!



▲ Residents enjoyed this year's Woolorama show

- Hello from Pauline
- Celebrating St Patrick's and Harmony Day
- Resident Easter egg hunt

Message from the CEO

I hope you have all had a great year so far!



We have much to look forward to this year.

Our team is excited to continue enhancing the quality of life for our residents through the great work they do to bring joy to all our residents through the wonderful lifestyle and therapy programs they plan at Juniper Waratah Lodge.

I know they have some wonderful activities and events in the pipeline which will be filled moments of laughter, learning, and shared experiences.

Your wellbeing remains our top priority, and we are committed to ensuring that Juniper Waratah Lodge continues to be a place where everyone feels valued and cared for, and connected to their local community.

In this newsletter, you can read the latest updates and stories of our staff and your fellow residents.

Happy reading!

Russell Bricknell
Chief Executive Officer

Hello from Pauline

It has been a hectic start to the new year at Waratah Juniper.

As you are all aware, at the end of last year, Maree left us, and we embarked upon a first for Juniper. Our new journey begun with me becoming the Residential Site Lead and working in conjunction with the Residential Manager of Juniper Bethshan in Katanning, the lovely Narissa McMahon.

Together we have been very committed to seeing that our lovely residents continue to receive not only professional high-quality care and excellent service which they are accustomed to, and that Juniper is known for, but that all residents and staff have had the chance to flourish under this new pathway.

This year has seen our residents continue with their busy activities and schedules. We have seen new children enter our intergenerational program alongside another new addition to our pet therapy program, Missy the dog.

As we move forward, we intend to continue providing excellent care and services, ensuring that all who spend time at Waratah Juniper feel enriched by the homely and welcoming experience of being part of the Juniper family.

Pauline Alexander
Residential Site Lead



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Upcoming Events



- Our bus trips and HACC Days will be announced each month, due to availability of our HACC staff.
- We will be celebrating National Burger Day with some fun activities on May 25.
- The Hub Social group continues to run every Thursday.



Farewells

We recently we said goodbye to residents James Sambell and Ian Harper, who have both recently transferred from Waratah Lodge to Juniper Bethshan in Katanning.

We wish them all the best at Bethshan and we're sure they'll fit right into their new home!



Residents' birthdays



We want to wish a happy birthday to our residents who recently celebrated another lap around the sun!

January 31:

Raymond Rowe

happily celebrated his 67th birthday alongside all his friends at Waratah!



February 9:

Betty Ball

celebrated her 97th birthday with a lovely party at Waratah, before going out to lunch with her family!



March 14:

John Marshall celebrated his 79th birthday with his family and enjoyed some cake alongside his friends at Waratah upon his return!



March 27:

Max Bell had a lovely 82nd Birthday. After marking the occasion with his friends at Waratah, Max went home to continue celebrating with his family.



April 22:

Bert Sharp spent his birthday with his friends at Waratah, and had lovely visits from his daughter. Bert turned 97!



Celebrating St Patrick's Day and Harmony Day

What better way to celebrate Harmony Week and St Patrick's Day, than to throw a big old shindig. That is exactly what we did at Juniper Waratah Lodge.

After all, with our amazing staff bringing a dish from their country of origin, we needed to work up an appetite.

Add a leprechaun treasure chest, filled to the brim with fresh fruit, popcorn, and chocolates... Why not create a decathlon?

Our residents happily divided themselves into three teams, each having a multi-skilled carer to cater to their every need.

It was fantastic to see the gusto in which each of our residents competed for their teams.

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The decathlon involved seven sporting events, spread out across the whole building, and saw the residents walking in their teams from one event to the next.

There was ten-pin bowling, darts, coyotes, golf, bucket beanbags, beachball target and to finish off, a marathon walk around the outside of the building.

It was fantastic to see the gusto in which each of our residents competed for their teams. And the laughter and chatter filled every hallway in the building.

Although there could only be one winning team, it did not stop all the residents from clapping and cheering for each team as the scores were read out!

The dining room was filled with smiling faces as lunchtime arrived and boy, did the food flow. Our residents also enjoyed a three-course international meal.

The day was only made possible by our amazing staff coming together to support our therapy assistant's wild idea.

Without the dedication of our multiskilled carers – Sue Chamberlain, Noy Ruzicka, and Evelyn Iles – and our amazing kitchen staff, Lorenze Zepeda, and Cveta Mangalavite (who also volunteered her time on her day off) the day would not have been the success it was.

To the staff, and our very own Mr. Raymond Rowe, who supplied their cultural dishes for our lunch, thank you so much for putting a smile on all our residents' faces.



▲ Residents enjoyed fun activities on St Patrick's Day and had a cultural feast on Harmony Day.



Lifestyle Program Update

Australia Day celebrations

At Waratah, our Australia Day began with a delightful morning tea of Anzac biscuits made by our lovely kitchen staff member Cveta Mangalavite!

As Wagin is situated in the Gnaala Karla Booja region of Noongar booja, we paid our respects to the traditional owners of the land, the Noongar people.

We then acknowledged all those who have chosen to move to Australia and call it home.

Ever wondered what it takes to become an Australian citizen?

We decided to take the Australian citizenship test ourselves. We obtained our test from the immigration and citizenship page on the Australian Government's website and gave it our best shot.

To say it was enlightening is an understatement and we gained more and more respect for those applying for citizenship with each question that was posed.

As the morning continued, so did our very own Australia Day certificate presentation, which included Waratah's very own 'Resident of the Year' award, voted for by the residents themselves.



This year's award was presented to Raymond Rowe for always looking out for everyone around him and being such a positive friend to all. Congratulations Raymond!

There was no better way to conclude our amazing Australia Day celebration than with a BBQ lunch. Our menu was chosen by our residents and included chicken kebabs, rissoles, sausages, and an array of salads, made by Pauline Alexander and Jo Richman.



▲ Residents enjoyed a morning tea to celebrate Australia Day.

Easter egg hunt

For Easter, our residents took part in an egg hunt.



The hunt was on for young and old. Everyone scattered in different directions looking for 'token' Easter eggs they could cash in for the real thing.

Eggs were spotted in our vegetable gardens outside, and scattered in the hallways, which made for some fun adventures for our residents.

It was a fun day, with everyone smiling from ear to ear while walking with purpose around the inside and outside of the buildings!



Staff milestones

Our lovely kitchen staff member, Cveta Mangalavite spoilt us all for International Women's Day on March 8 by making all the residents and staff delicious chocolate cupcakes.



We also received our new morning and afternoon tea trolley – and it is amazing. Our residents and staff love it.



Volunteer update

Our sing-a-long session will start again on Tuesday afternoons in the next coming weeks. The intergenerational program with the kids visiting will continue every Wednesday afternoon.

Pet therapy will continue every second Wednesday morning.

Our church services remain the same with Uniting Church.

Allied Health update

Our podiatrist Kane will be visiting on July 9.

Our physiotherapist Melissa will continue her visits to Waratah on the first Tuesday of every month to oversee all residents' physiotherapy and exercise programs.





Solve the word search puzzle



Mother's Day

Word Search

L	F	Y	S	V	I	U	K	H	L	I	G	F	H	Y
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Q	A	V	M	N	O	H	W	C	T	U	L	I	P	R
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WISE
CHERISH
GRANDMA
RESPECT

KISS
HUGS
BIRTH
COOKING

MOM
PRESENTS
CHILD
ROSES

LOVE
BREAKFAST
FAMILY
BEAUTIFUL



Enjoy some quiet time with this illustration to colour in

