

The Happy Whisperer



Welcome to our February edition.
R M Begg Newsletter No. 79 FEBRUARY 2013

Residents Meeting
 Tuesday 5th Feb
 at 10.45am in
 Cobaw / Barfold
 activity area.
 Focus Group for
 residents on
 Emergency
 Evacuation after
 the meeting.
 All Welcome!

*Please be aware that
 there are no Wednesday
 Chair Exercises
 On Tuesday we now
 have...
 9.30am-Balance Exercises
 9.45am-Tai Chi*



RM Begg Kyneton Aged Care Inc
 27-35 Epping Street, Kyneton, Victoria 3444
 admin@raymbegg.org.au Ph. 03 5422 2417 or 03 5422 2506
 Opening Hours: Monday to Friday: 9am to 5pm

Upcoming Special Events

Fri 1st

Chair Volleyball-2pm

Mon 4th

Bob's Games-10.30 am

Short Stories-2 pm

Tues 5th

Residents Meeting-10.30 am

Mini Golf-2 pm

Wed 6th

Sing A Long -10.30am

Fri 8th

Indoor Croquet-2pm

Mon 11th

Sing Along-10.30 am

Hoy Game-2pm

Tues 12th

Dice Game-10.30am

Pancake Day Quiz-1pm

Pancake Cooking-1.30pm

Wed 13th

Pounds & Pence Reminiscence-10.30am

Library-1pm

Perennial Fashion-1pm

Thurs 14th

The Twilighters-2pm

Fri 15th

RSL Outing 7 Bus Drive-11.30am

Mon 18th

Hookey Game-10.30am

Hangman-2pm

Tues 19th

School Visit-10.30am

Mini Golf-2pm

Wed 20th

Sing Along-10.30am

Thurs 21st

Millie's Adventures-3.30pm

Fri 22nd

Quilting Display & Afternoon Tea-2pm

Mon 25th

Sing Along-10.30am

Bob's Games-2pm

Tues 26th

Talk About?-10.30am

Baptist Singers-2.30pm

Wed 27th

Craft-10.30am

If you would like further information please see the notice boards near the dining rooms or our Activity Co-ordinator Grace Magro



Thinking of You

Our love and thoughts are with the Pritchard Family and friends with the recent passing of Heather.

She will be missed by us all at RMB

Podiatrist

Cameron is our visiting podiatrist from Sunbury Foot Clinic.

Podiatry day for February is **TUESDAY** morning the 5th of February . Residents that are High Care, DVA or have visits paid through Enhanced Primary Care Program will continue with no cost. Please see the Clinical Care Staff to organise an appointment.

Book Worms

Library visit Wednesday
6th & 27th February

RM Begg Sunday Evening Church Service for February

3rd-John and Jeanne

Van Groningen

10th-John Dettmann and Ray
Keane with music by Colin Pope

17th-Mary and Marlene with
music by Colin Pope

24th-Ryan Smith with music by
Dan MacDonald

The service is held on Sunday
evenings 6pm-7pm.

Thinking of You

*Our love and thoughts are with the Merrigan
Family and friends with the recent passing
of Bill. He will be missed by us all at RMB*



Thinking of You



*Our love and thoughts are with the Reardon Family and friends
with the recent passing of Mary.
She will be missed by us all at RMB*



Residents

4th Evelyn Klitzing

9th Trevor Tippetts

11th Phyllis Cheney

18th Hilda Tippetts

25th Alec McMeekin

Staff

3rd Josie Rao

6th Sue Garraway

10th Dianne Aldridge

21st Millie Stevens

26th Mary Pritchard

28th John Daniels



**Got Any ideas for the
newsletter?**

**Tell us what you want to
see!**

On This Day.....February

- ♦ 3rd – Ronald Ryan became the last execution in Australia in 1967.
- ♦ 5th – The Welcome Stranger Australia's largest gold nugget was found in Moliagul Vic in 1869. It weighed 2284 ounces (almost 70 kilograms!)
- ♦ 8th – Famous Australian swimmer Susie O'Neill was born in 1973.
- ♦ 10th – Golfing great Greg Norman was born on this day in 1955.
- ♦ 11th – Chad Morgan was born on this day in 1933.
- ♦ 12th – Carmen Lawrence became the first Australian female Premier when she won the election for Western Australia in 1988.
- ♦ 13th – Australia first terrorist attack happened in 1978 when the Hilton Hotel in Sydney was bombed.
- ♦ 14th – Decimal currency is introduced in Australia in 1966, replacing pounds, shillings & pence.
- ♦ 17th – Australian Poet A.B "Banjo" Paterson was born in 1864.
- ♦ 22nd – Artist Norman Lindsay was born in 1879.
- ♦ 26th – Australian Icon Sir Donald Bradman died on this day in 2001.

Giving Appeal

Our Giving Appeal was launched in January 2012 for donations towards costs of building our new facility.

Total \$490,095!!!

All donations that we receive are greatly appreciated and we thank everyone for their contributions.



Fundraising

Thank you to those who have made donations

Our total so far is \$36,094!!!

Our fundraising efforts for our new facility are now growing. If you would like to make a donation please complete the form below and return to our CEO Sarah Collier



RM Begg Kyneton Aged Care Inc

Yes I want to make a gift of \$ _____ to RM Begg Kyneton Aged Care

Please find my cheque/cash enclosed

Name _____

Address _____ Postcode _____

Phone _____ Email _____



Volunteers

Do you know someone with some spare time. Maybe they would like to join our volunteers?

There are many different ways to help and is very rewarding.

It doesn't need to take a lot of time...

Just one hour a week would be great!

Please see our CEO Sarah Collier for more information.



SUGGESTIONS

The suggestions slip can be used to give suggestions about anything at all! We still have our Comments/Complaints form that you can use if you want to. We thought that the suggestion slip would be convenient attached to the newsletter and you could jot down any ideas that you may have. Please fill out this form & drop it in to one of the suggestion boxes. There is one in the Coffee Shop near Reception & one in each wing TV/ lounge room.



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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|---|---|--|
| | | | | 1 9.30-Chair Exercises 10.00-Morning Tea 2.00-Chair Volleyball 3.00-Afternoon Tea | 2 10.00 Morning Tea Family & Friends Visit 1.00-Movie time 3.00-Afternoon Tea | 3 10.00 Morning Tea 1.00-Movie Time 3.00-Afternoon Tea 6.00-Church service |
| 4 9.30am Church Service 10.00-Morning Tea 10.30-Bobs Game 1.00-Chair Exercises 2.00- Short Stories 3.00-Afternoon Tea | 5 9.30-Balance Exercises 9.45-Tai Chi 10.00-Morning Tea 10.30Residents Meeting 2.00-Mini Golf 3.00-Afternoon Tea | 6 10.00-Morning Tea 10.30-Sing Along 2.00--Bowls 3.00-Afternoon Tea 3.30-Anglican Service | 7 10.00-Morning Tea 10.45Balance Exercises 11.00-Tai Chi 1.00-Uniting Service 2.00-Bingo 3.00-Afternoon Tea | 8 9.30-Chair Exercises 10.00-Morning Tea 2.00-Indoor Croquet 3.00-Afternoon Tea | 9 10.00 Morning Tea Family & Friends Visit 1.00-Movie time 3.00-Afternoon Tea | 10 10.00 Morning Tea 1.00-Movie Time 3.00-Afternoon Tea 6.00-Church service |
| 11 9.30am Church Service 10.00-Morning Tea 10.30-Sing Along 1.00-Chair Exercises 2.00-Hoy game 3.00-Afternoon Tea | 12 9.30-Balance Exercises 9.45-Tai Chi 10.30-Dice game 1.00-Pancake Day Quiz 1.30-Pancake Cooking 3.00-Afternoon Tea | 13 10.00-Morning Tea 10.30-Pounds & Pence Reminiscence 1.00-Library 1.00-Perennial Fashion 2.00-Bowls | 14 10.00-Morning Tea 10.45Balance Exercises 11.00-Tai Chi 2.00-"The Twilighters" 3.00-Afternoon Tea | 15 9.30-Chair Exercises 10.00-Morning Tea 11.30-RSL Outing followed by a Bus Drive 3.00-Afternoon Tea | 16 10.00 Morning Tea 1.00-Movie time Family & Friends Visit 3.00-Afternoon Tea | 17 10.00 Morning Tea 1.00-Movie Time 3.00-Afternoon Tea 6.00-Church service |
| 18 9.30-Church Service 10.00-Morning Tea 10.30-Hookey game 1.00-Chair Exercises 2.00-Hangman 3.00-Afternoon Tea | 19 9.30-Balance Exercises 9.45-Tai Chi 10.00-Morning Tea 10.30-School Visit 2.00-Mini Golf | 20 10.00-Morning Tea 10.30-Sing Along 2.00--Bowls 3.00-Afternoon Tea 3.30-Anglican Service | 21 10.00 Morning tea 10.45Balance Exercises 11.00-Tai Chi 2.00-Bingo 3.00-Afternoon Tea 3.30-Millie's Adventures | 22 9.30-Chair Exercises 10.00-Morning Tea 2.00-Quilting Display Followed by Afternoon Tea | 23 10.00 Morning Tea 1.00-Movie time Family & Friends Visit 3.00-Afternoon Tea | 24 10.00 Morning Tea 1.00-Movie Time 3.00-Afternoon Tea 6.00-Church service |
| 25 9.30am Church Service 10.00-Morning Tea 10.30-Sing Along 1.00-Chair Exercises 2.00-Bobs game | 26 9.30-Balance Exercises 9.45-Tai Chi 10.00-Morning Tea 10.30-Talk about? 2.00-Afternoon tea 2.30-Baptist singers | 27 10.00-Morning Tea 10.30-Craft 2.00-Bowls 3.00-Afternoon Tea | 28 10.00 Morning tea 10.45Balance Exercises 11.00-Tai Chi 2.00-Bingo 3.00-Afternoon Tea | | | |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|--|--|---|
| | | | | 1 10.00-Morning Tea 10.30-Movie 1.00-Dominos 2.30-Afternoon Tea | 2 10.00-Morning Tea 1.00-Movie Time Family & Friends Visit 2.30-Afternoon Tea | 3 10.00 Morning Tea 1.00-Movie Time Family & Friends Visit 2.30-Afternoon Tea 6.00-Church Service |
| 4 9.30-Church Service 10.00-Morning Tea 2.30-Afternoon Tea 3.00-Hoy Game | 5 10.00-Morning Tea 10.30-Resident Meeting 1.00-Chair Exercises 1.30-Individual Walking 2.30-Afternoon Tea | 6 10.00-Morning Tea 10.30-Sing Along BC 1.00-Cooking 2.00-Bingo 3.30-Anglican Service | 7 10.00 Morning tea 10.45Balance Exercises 11.00-Tai Chi 1.00-Uniting Service 1.00-Walking 2.00-Bingo | 8 10.00-Morning Tea 10.30-Music Morning 1.00-Individual activity 2.30-Afternoon Tea | 9 10.00-Morning Tea 1.00-Movie Time Family & Friends Visit 2.30-Afternoon Tea | 10 10.00 Morning Tea 1.00-Movie Time Family & Friends Visit 2.30-Afternoon Tea 6.00-Church Service |
| 11 9.30-Church Service 10.00-Morning Tea 10.30-Sing Along BC 2.30-Afternoon Tea 3.00-Walking | 12 10.00-Morning Tea 10.30-Dice game BC 1.00-Pancake Day Quiz 1.30-Pancake Cooking 2.30-Afternoon Tea | 13 10.00-Morning Tea 10.30-Pounds & Pence 1.00-Perinall Fash BCL 1.00-Cooking 2.00-Hoy Game 3.00-Afternoon Tea | 14 10.00 Morning tea 10.45Balance Exercises 11.00-Tai Chi 2.00-"The Twlighters" 3.00-Afternoon Tea | 15 10.00-Morning Tea 10.30-Movie 2.30-Afternoon Tea | 16 10.00-Morning Tea 1.00-Movie Time Family & Friends Visit 2.30-Afternoon Tea | 17 10.00 Morning Tea 1.00-Movie Time Family & Friends Visit 2.30-Afternoon Tea 6.00-Church Service |
| 18 9.30-Church Service 10.00-Morning Tea 2.30-Afternoon Tea 3.00-Hoy Game | 19 10.00-Morning Tea 10.30-School Visit BC 1.00-Chair Exercises 1.30-Individual Walking 2.30-Afternoon Tea | 20 10.00-Morning Tea 10.30-Sing Along BC 1.00-Cooking 2.00-Bingo 3.30-Anglican Service | 21 10.00 Morning tea 10.45Balance Exercises 11.00-Tai Chi 1.00-Bobs game 2.00-Bingo | 22 10.00-Morning Tea 10.30-Painting 1.00-Individual activity 2.00-Quilting Display Followed by Afternoon Tea | 23 10.00-Morning Tea 1.00-Movie Time Family & Friends Visit 2.30-Afternoon Tea | 24 10.00 Morning Tea 1.00-Movie Time Family & Friends Visit 2.30-Afternoon Tea 6.00-Church Service |
| 25 9.30-Church Service 10.00-Morning Tea 10.30-Sing Along BC 2.30-Afternoon Tea 3.00-Walking | 26 10.00-Morning Tea 1.00-Chair Exercises 2.00-Afternoon tea 2.30-Baptist singers BC | 27 10.00-Morning Tea 1.00-Cooking 2.00-Hoy Game 3.00--Afternoon Tea | 28 10.00 Morning tea 10.45Balance Exercises 11.00-Tai Chi 1.00-Messaging 2.00-Bingo | | | |

*1:1 Activities Daily

RM Begg Services

Laundry
Meals
Cleaning
Personal Care
Pastoral Care
Hairdressing
Happy Whisperer Newsletter

Visiting Allied Health Professionals

Counselling, Activities (in house and External)
Visiting Psychologist
Diabetes Educator
Social Worker
Speech Pathologist
Clinical Care
Continence Management
Wound Management
Palliative Care
Podiatry
Physiotherapist
Dietician
Specialists
Accredited Pharmacist
Consulting GP's
Aged Persons Mental Health Team
Dental Van

Support provided by

Palliative Care Team
District Nursing Service

