

NEWSREEL



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Quote Of The Month



News Reel Welcome...

Welcome to all our consumers and families.

The activities room is the meeting place where all are welcome.

February is our hottest month, being mindful of this, some of our programmed activities may be amended in accordance with the weather. So keep your eye out for changes

Seniors week this year falls between the 12th and the 23rd February. The theme this year is -

“Love to Celebrate”.

Check your program this month closely as we have made a lot of changes due to new ideas and opportunities that reflect your requests. This month being seniors month, we have endeavoured to fill the month with a variety of events and activities.

Don't miss the Oscars—Golden Globe awards. A morning not to be missed! The morning will be on Friday 7th February. This will be a fun morning with a photo booth, golden cupcakes and a visit from Leslie Williams MP.

See you all in activities!

Donna & Cassy

P.S. Cassy will be taking 2 months long service leave in March and April.

LAKEVIEW WING



A NOTE FROM

KRISTY POTTS — FACILITY MANAGER

Hello, Hello, Hello!

Isn't the rain a welcome sight?! January was a month for rain. Some of the locations in Western NSW that so

desperately needed the rain received well above 100mls and filled up their dams!

Our new Director of Nursing Craig is on deck and has developed a calendar for education for our staff to upskill and improve awareness on important topics such as Mandatory reporting & Dignity and respect. Education is a vital key for our staff so we ensure our delivery of care is based on best practice.

Welcome to Danielle. Danielle is our new Office Manager. She is the friendly face in the back of the front office. Give her a wave next time you wander past!

Just a reminder that we are entering the hottest month of the year. Please make sure if you are going outdoors to put on some sun cream (available at the nurses stations), wear a hat and ensure you are drinking enough fluids. Keeping yourself well hydrated is very important.

We welcome suggestions! Suggestions improve our facility for the benefit of our consumers which is of the highest priority. Suggestion boxes are located in front foyer, Café, North nurse station, Visitor survey, LV Dining room and PJ Nurses stations.

Until Next Month,

Kristy

A WORD WITH

CASSY GREENTREE — PASTORAL CARER

Share your happiness!
Smile, laugh out loud and celebrate.
You will lift the spirits of those
around you.



Church Services

ANGLICAN MASS—3RD FEBRUARY
CATHOLIC MASS—10TH FEBRUARY

Pastoral Care Visits are planned weekly & whenever required.

Remember you do not have to be religious or even spiritual to speak with the chaplain; all you have to be is human. The chaplain represents a person that is non-religious, non-discriminatory and non-judgmental! Thanks be to a higher power.

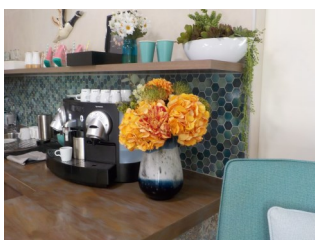


Entertainment Highlights

7th	The Oscars - Golden Globe Awards
11th	Birthday Party with Roy
12th	Poetry with Pat
18th	Country music with Ivan
19th	Seniors Concert Port Panthers
21st	Name that Tune with Graham and Kay



We are now offering Café coffee vouchers for the Lakeview Café at an extra cost, for all non extra service residents and all visitors. You can purchase a book of ten for \$10 or one individual voucher at the cost of \$1.00. Please see Simone in main reception to purchase.



Resident/Relative AGM Meeting

Our AGM Resident Relative Meeting will be held on Monday 17th February, in the Activities Room at 2pm. Our regular resident relative meeting will follow the AGM. We will be calling for nominations for the Roles of Secretary & Chair Person at the Resident & Relative AGM.

Resident/Relative Meeting

The next resident relative meeting will be held in the Activities centre at 2pm on the 17th February. This is held once a month. Come along and meet other residents and relatives. Meeting Minutes are available in each edition of the news-reel.

Coach Outings

Outings this month will take place on Thursdays in February departing at 2pm sharp. Coach outings are subject to change due to inclement weather. Please check dates and times with Activities staff.

BBQ of the Month

BBQ day is on Tuesday 18th February. Any relative who would like to have lunch with their loved ones can pay at the office. Cost is \$7.00

NOTE: If the weather is too hot, we will hold the BBQ indoors.

Gardening News

We would like to give a warm welcome to our new Gardener Paul, you would have seen him busy in the garden doing a great job. We have had a little rain and are hoping for a little more before we plant in our garden beds.



Recipe of the Month: Pasta Salad with Herb Dressing

Ingredients:

375g penne
100g green beans, trimmed
1 large red capsicum thinly sliced
2 tablespoons pine nuts, toasted
2 green onions finely chopped
1 Lebanese cucumber halved, sliced
250g cherry tomatoes, halved
1/3 cup chopped fresh basil, parsley and chives
1/4 cup extra virgin olive oil
2 tablespoons white wine vinegar
2 teaspoons wholegrain mustard
1 tablespoon pure cream



Method

Step 1 Cook pasta in a saucepan of boiling, salted water, adding beans for last 3 minutes of cooking. Drain. Transfer to a bowl to cool.

Step 2 Make dressing: Place herbs, oil, vinegar, mustard and cream in a screw top jar. Secure lid. Shake to combine

Step 3 Add capsicum, pine nuts, onion, cucumber, tomatoes and dressing to pasta mixture. Season with salt and pepper. Toss to combine. Serve.

Stay active

Physio Exercise is held in the activities room on Tuesday's, Thursday's and Saturday's at 11 am or 2pm.

NOTE: Please check your program for dates and times in February.

Remember; Exercise is good for the Body & Soul.



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Valentine's Day Word Search



LOVE
CHOCOLATE
PINK
VALENTINE
ROSES

CUPID
FEBRUARY
RED
HUG
FLOWERS

CANDY
HEART
SWEETHEART
CARD
SWEET