

# NEWSREEL



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## Quote Of The Month

“A new year brings not only happiness, it makes us happy with a hope to fulfil our dreams or a new beginning of our life. So, a new year is very special to everyone. “

– Santonu Kumar Dhar



#2346374

# Laurieton Lakeside Aged Care Residence - January 2020

## News Reel Welcome

Happy New Year everyone ,2020!

Our program has some changes this month, please check your activity program. Some of our entertainers and church services are having summer holidays.

We would like to express our appreciation to all who supported the Christmas raffle, all moneys raised go back into providing the special days through out the year for you all. Congratulations to all the winners. To all the new consumers and families ,the activities room is the heart of our home, please feel welcome to come and join in bringing along your ideas and suggestion's.

We would like to welcome Craig our new Director of Nursing, and we are looking forward to commencing the new year with his new ideas.

A gentle reminder during this hot weather that it is Important to drink lots of fluids and wear a hat when outdoors.

Our home has the luxury of beautiful outdoor areas for all to enjoy.

Kind regards  
Cassy and Donna.

## *LAKEVIEW WING*



# A NOTE FROM

KRISTY POTTS — FACILITY MANAGER

Goodbye 2019 and Hello 2020!

We say farewell to Julianne McKenzie our Director of Nursing who has been with Laurieton Lakeside since 1994. Julianne leaves a legacy of hard work, dedication and knowledge. She has generously given her time and given opportunities for staff to grow within their strengths. Her main focus was to be a advocate for the consumers. And this she did well. Julianne will be popping in every now and then, she is going to come back to do some future consulting for Lakeside. So its not goodbye - Its see you soon! Bon voyage...as you set out for a new journey, we all wish you well on your future endeavors and hope to see you back soon!

On that note; I would like to Welcome our new Director Of Nursing, Craig O'Malley. Craig is a Registered Nurse and has many years experience in Managerial roles such as Facility Manager and Director Of Nursing. He brings a wealth of experience.

Id like to say a very warm welcome to new consumers, staff and families. Keep up to date with what's happening and outcomes through memos, audit results and others that are posted in the visitors servery.

Until Next Month,  
Kristy



## A WORD WITH

CASSY GREENTREE — PASTORAL CARER

“How one lives is,  
After all, one of the rights left to the individual - When and if one has the opportunity to choose”



## Church Services

No Church Services in January. Church Services are taking a well earned break.

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

8th	POETRY WITH PAT
14TH	BIRTHDAY PARTY WITH ROY
17TH	NAME THAT TUNE
WITH	GRAHAM AND KAY
21ST	COUNTRY MUSIC WITH IVAN
24TH	AUSTRALIA DAY CELEBRATIONS



## 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 20 January 2020.

This is held once a month. Come along and meet other residents and relatives.

Meeting Minutes are available in each edition of the newsreel.

## Coach Outings

Outings this month will take place on Thursday afternoons. Coach outings are subject to change due to inclement weather. Please check dates and times with Activities staff.

**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.**



## Gardening News

Despite the drought and the heat our garden is green and flourishing. With some local wildlife visiting our beautiful grounds to catch some shade under our foliage.



## RECIPE OF THE MONTH: CAESER SALAD

### Dressing:

- 2 tablespoons olive oil
- 1 tablespoon white wine vinegar
- 1 tablespoon lemon juice
- 1 tablespoon water
- ½ teaspoon Dijon mustard
- 1 small clove garlic, crushed
- 1 egg yolk
- 1 anchovy fillet, patted dry of excess oil and finely chopped
- Black pepper, to season

### Salad:

- 2 slices wholemeal bread
- Olive oil spray
- 2 baby Cos lettuce (600g), cut into quarters
- 4 soft boiled eggs, peeled and halved
- 500g cherry tomatoes, halved
- 1 tablespoon finely grated Parmesan

### Method

1. To make dressing, place all ingredients in a screw top jar. Shake well. Refrigerate while making salad.
2. To make croutons for salad, cut bread into cubes or roughly tear into small pieces. Spread over a baking tray. Spray lightly with cooking oil. Cook under a preheated grill until golden. Set aside to cool.
3. Arrange lettuce, eggs and tomatoes in serving bowls. Top with croutons, drizzle with dressing and sprinkle with parmesan.

## Stay active

Physio Exercise Class Tuesday,  
Thursday and Saturday's at  
2pm.

Strength & Balance Classes  
Every Wednesday at 10 am

Remember; Exercise is good for  
the Body & Soul.



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## Trees Word Search



Alder	Cottonwood	Pine
Apple	Cypress	Poplar
Ash	Dogwood	Redwood
Aspen	Elm	Sequoia
Birch	Fir	Spruce
Buckthorn	Hawthorn	Sweetgum
Cedar	Hazel	Sycamore
Cherry	Larch	Walnut
Chestnut	Maple	Willow
Chinkapin	Oak	Yew