



Laurieton Lakeside
AGED CARE RESIDENCE

LAKE SIDE NEWSREEL

April 2025



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Lifestyle's team

NEWSREEL



Welcome to our April Newsreel!

We are looking forward to Easter this month. We have an Easter raffle running with lots of chocolates and goodies. Please see Karen in reception to purchase tickets at \$2 per ticket or 3 for \$5. The raffle will be drawn at Bingo on Thursday 17th April.

On Tuesday 29th April we are having a Pizza Cooking Class, space is limited so please let the lifestyles team know if you want to be a part of it.

We are also holding an Anzac Day Ceremony for our residents to attend at 10:30am on Thursday 24th April 2025.

Keep an ear out for our Ice Cream Trolley that is doing the rounds on Tuesday afternoons, for an ice cream cone treat.

We hope you have a peaceful and relaxing time over Easter.

Kind regards

Michelle, Olivia, Brooke, Jodi and Cameron

XXXXX

A Note from Management

Facility Manager Update

Dear Residents and Representatives,

New Accreditation Standards

Last month we looked at Standard 1 – The Person.
This month, we explore Standard 2 – The Organisation.

Standard 2: The Organisation

Resident Statement: I have confidence in my service provider.

Worker Statement: I feel empowered to do my job well.



Standard Outline

Strengthened Quality Standard 2 recognises that it is the responsibility of the Governing Body to set strategic priorities and encourage a culture of safety and quality. Staff and governance systems are key to the delivery of safe, quality, effective and person-centred care for every person in care. This understanding leads to a person-centred approach to care and services.

There are 10 outcomes and 43 actions that providers must meet in Standard 2. This Standard is focussed on: partnering with older people with different backgrounds, promoting a culture of quality and safety, accountability and use of quality systems, plan and support for the workforce to deliver great care, planning and management of emergencies and disasters.

Head Chef Update

Last month we reported that we were on the hunt for a new Head Chef. Since that update, Debz Houston (current Head Chef) has now decided to stay on. This is great news for Lakeside, and we are excited to see the changes Debz introduces to the food and dining experience space.



A Note from Management

North/West/South Wings Carpet Replacement Program

The carpet replacement program is pencilled in for the week commencing 28th April 2025. The carpet contractors will remove existing carpet during the day and lay the new carpet tiles in the late afternoon/evening. Further correspondence will be provided to all families as the project start date approaches. The contractors are aiming to complete this program in 3 weeks.

Staff Identification Boards

Feedback from March's Residents and Relatives meeting led to a request for staff identification boards to be introduced on each wing. These boards will provide residents, visitors and families with information about which staff are on shift. Boards will be introduced during April for a trial and further feedback.

New Wing Development

The good news is that we received the final bushfire report which indicates that the proposed location for the new wing development is favourable. This report will now be issued to the Rural Fire Service (RFS) for assessment in preparation for the pre-DA meeting.

The new wing will include the addition of 24 private suites with ensuite, an allied health room (for classes and programming) and offices for our Physiotherapist (Warren), Occupational Therapist (Bron) and Physio Assistant (Drew), an extension of the activities room, a new staff training and education room, and a new hairdressing salon. Hopefully, we can provide a floor plan in the coming months for all to view.

See you next month.

Tim Cummins
Facility Manager



Services Provided at Lakeside

As part of our continuous improvement program, and on the back of recent Resident/Relative feedback, the following table will now be included in our monthly newsletter for residents and representatives. This table outlines the essential services available at Lakeside and how residents can access each service.

Service	Frequency	How to Access
Hairdresser (Julie)	Weekly (Wednesdays)	Each nurse's station has a hairdressing appointment book. Please speak with a nurse and they will add the residents name to the list.
GPs (Dr Chong, Dr Ahmed and Jitender – Nurse Practitioner)	Dr Chong (Tuesdays) Dr Ahmed/Jitender (Thursdays)	Referrals to GPs are made by our registered staff team. Residents and representatives can also request to see their GP by speaking with registered staff. A GP referral book is kept in each nurses' station.
Podiatry (Shannan)	Every 6-8 weeks	Shannan attends Lakeside 20 times per year. Shannan has a schedule which ensures each resident is seen at least five times per year. If a resident has concerns about their feet, please speak with our registered staff team about a referral.
Audiologist (Isaac)	As required	When a resident experiences hearing difficulties, please inform our nursing team immediately. Our registered staff will refer the resident the audiologist for assessment. If a resident has an existing audiologist (not Isaac), residents can continue with their current audiologist or change to Isaac.
Speech Pathologist (Carly)	As required	Speech pathologists are called upon when residents have difficulty with communication, including speech, language and swallowing. These professionals assess, diagnose and treat these difficulties and provide strategies to our team to improve resident quality of life. Referrals to speech pathologists are made by our registered staff team. Please speak with our registered staff team if you would like to know more.
Dietician (Liam)	As required	Dieticians specialise in nutrition and managing medical conditions through dietary interventions. They also play a role in monitoring and treating unplanned weight loss. Referrals to our dietician are made by our registered staff team. Please speak with our registered staff team if you would like to know more.



A word from Mark

A word with Chaplain Mark

Well – here we are in April and up comes Easter. Chocolate eggs, rabbits, hot cross buns, lots of football.... but is that what Easter is actually about?

Jokes and wisdom for us older folks.....

I used to have a job at a calendar factory.....but I got the sack because I took a couple of days off.

I had a dream that I was a muffler last night. I woke up exhausted!

Why do bumblebees hum? They don't know the words

"Easter is very important to me. It's a second chance." Reba McEntire

God proved His love on the Cross. When Christ hung, and bled, and died, it was God saying to the world, 'I love you.' Billy Graham


Church services for April:

Anglican Monday April 7 (Communion Service)

Catholic Monday April 14

Pastoral Care Visits are planned each week and on request. If any **residents, relatives** or **friends** wish to have a chat, please let me know....give me a yell as I walk around, call me on ext.114 or my mobile 0410 629 850.

Don't forget..... as Chaplain, I am non-discriminatory and non-judgmental; you do not have to be 'religious' or even 'spiritual' to speak with me. I am happy to talk with you about **anything** – faith, family, memories, travels, footy, cricket, motorbikes, what makes you happy, sad, worriedanything.





A word from Mark

Last month I wrote on 'Thank you', as one of **Four things that matter most (taking the idea from a book by Dr Ira Byock): 'Please forgive me,' 'I forgive you,' 'Thank you,' and 'I love you.'**

This month includes Easter, so it's fitting to look at - **'I love you'**.

Love is the most powerful of human emotions. And "I love you" is arguably the single most important sentence in any language. Expressing these words, "I Love You", can be especially challenging if it has not been modelled in your life or your family. I am sure I never heard my father say to me 'I love you'. Fortunately I married into a family that said...and meant..... 'I love you' on a regular basis. And our kids and grandkids have learned that well too.

But The need to say 'I love you' (and mean it), I feel comes into sharper focus as the years roll on and/or we, and those we love, move toward the end of our lives. A heart felt 'I love you' can be healing, and have a deep impact. And to say it **NOW**, rather than hold off till suddenly it is too late, is important. We may not have another chance – so why not say it **now** to those we love!

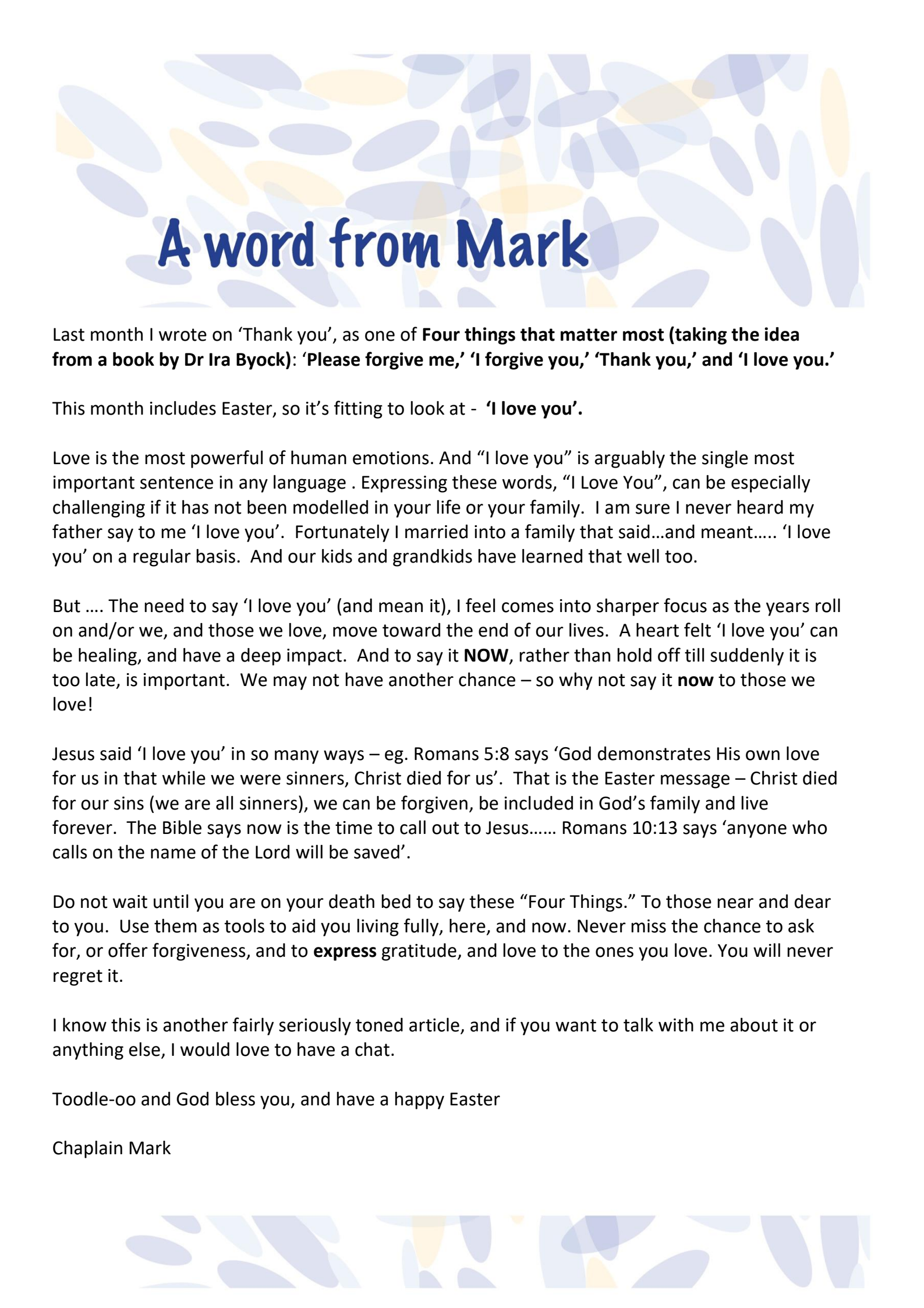
Jesus said 'I love you' in so many ways – eg. Romans 5:8 says 'God demonstrates His own love for us in that while we were sinners, Christ died for us'. That is the Easter message – Christ died for our sins (we are all sinners), we can be forgiven, be included in God's family and live forever. The Bible says now is the time to call out to Jesus..... Romans 10:13 says 'anyone who calls on the name of the Lord will be saved'.

Do not wait until you are on your death bed to say these "Four Things." To those near and dear to you. Use them as tools to aid you living fully, here, and now. Never miss the chance to ask for, or offer forgiveness, and to **express** gratitude, and love to the ones you love. You will never regret it.

I know this is another fairly seriously toned article, and if you want to talk with me about it or anything else, I would love to have a chat.

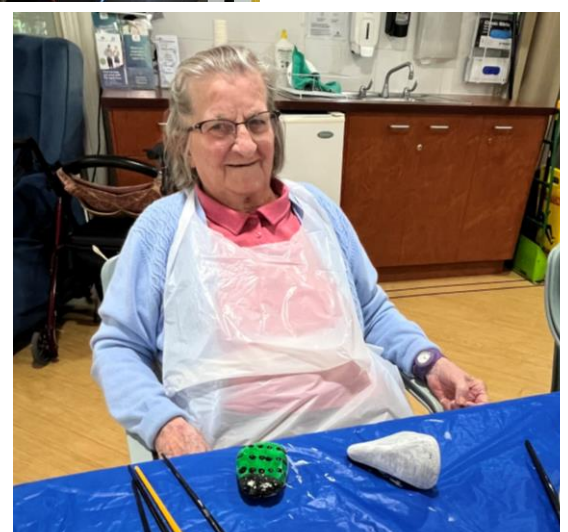
Toodle-oo and God bless you, and have a happy Easter

Chaplain Mark



Happy Snaps

Activities - Month in Review



Happy Snaps

Activities - Month in Review

Big thanks go out to one of our Residents Ron. He has kindly donated some of his collection of CD's to activities for other residents to share.

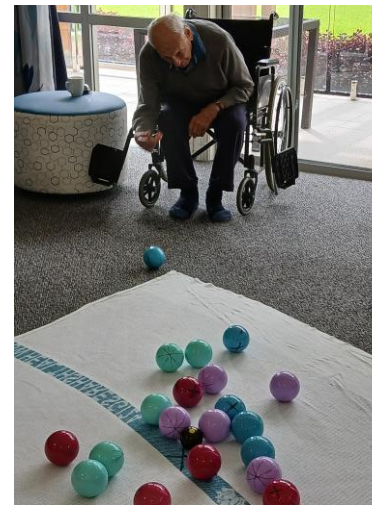
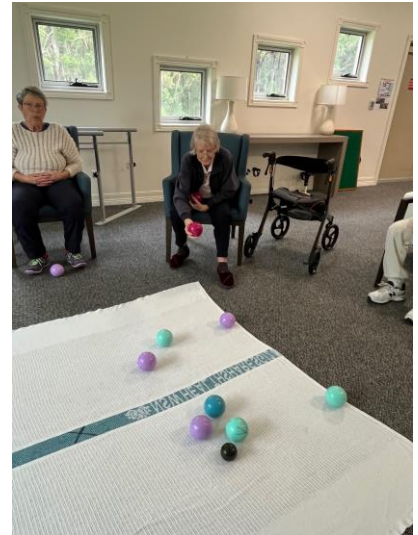


Big thanks also go out to one of our Residents Colin. He has kindly lacquered some boxes we had made up by the Laurieton Men's Shed that we will use for storage of CD's in our dining rooms.



Happy Snaps

Activities - Month in Review



Happy Snaps

Activities - Month in Review

Visit to Crescent Head for Lunch & Bunnings for Coffee



Lost & Found Retrieval Days

Activities have taken over the lost and found property. Come and have a chat with us if you or your loved one is missing some lost items.

If items are unable to be located at the time, we will be able to take down your details, details of lost items and will be able to assist in locating the lost items and keep you informed of any progress along the way.

If items are found, our team will organise re-labelling the residents items for easy identification in future.

Please ensure any items that you bring in for your loved ones are labelled or you can request labelling by Lakeside.

Where: Activities Centre



Gardening News



Our gardens have been growing but we still have some more work to do out there with nurturing new seedlings.

If you feel like a spot of gardening on a cooler day, feel free to drop into activities as we have gardening tools if you need any.

Next Scheduled Podiatrist Visit

Monday 7th April 2025
Monday 14th April 2025
Monday 28th April 2025
Monday 5th May 2025



Reserve your place now!

Thursday



Come along and enjoy a game of Bingo with friends and Morning Tea. Bingo is held every **Thursday morning at 10:30am.**

If anyone has any spare time on Bingo Days and would like to help our residents play, please come and see Michelle or Olivia in the Activities Centre.

Our Hairdressing Salon

Our hairdresser is available weekly in our very own salon (Located next to activities).

Julie is available on Wednesday mornings for all your hairdressing needs.

Activities will hold **Beauty Therapy** once a week on the same day.



Walk ~~Rock & Roll~~ Group



Our Walk Group is held every Wednesday. We will be running these sessions at 10:30am in the morning to try and keep out of the afternoon heat. A good pair of walking shoes and a hat is a must.

Meet in the activities room.

For bad weather, decisions will be made on the day and communicated through our lifestyle team.

Family and friends of residents are welcome to come along.



Coach Outings

A visit to Camden Haven High School Agricultural Plot is happening on Friday 4th April 2025. They are kindly providing their bus for transport.

Also this month on Tuesday 22nd April 2025 we are heading to Wauchope Country Club for a lunch and scenic drive.

Please register your interest in these outings by contacting the Lifestyles team, these outings are very popular so get in early.

We will be continuing our weekly outings to the Laurieton United Services Club every Thursday Afternoon. Once again please register your interest in these outings by contacting the Lifestyles team.

Joke of the Month

What do you call a bunny with fleas?

.....Bugs Bunny



A BIG Welcome to our new Residents and families.

We welcome you to your lovely Home. To all our new relatives the Monthly Program and Newsreels are kept in the Activities Centre.

Please come and take one. All the information you need to know is in the booklet.

Volunteer sometime?

We are looking for volunteers to assist our residents – going for walks, playing bingo, bowls, craft and just sitting for a few minutes for a chat.

If you or someone you know would like to give us a few moments of time, we would greatly appreciate it. As would our residents.

Please come and see the Lifestyles Team in the Activities Centre.

Recipe of the Month



Mini Egg muffin pan cheesecakes

Ingredients (9)

- 3 x 133g pkts Oreo original biscuits
- 60g unsalted butter, melted
- 500g **cream cheese**, at room temperature
- 100g (1/2 cup) caster sugar
- 1 tsp vanilla extract
- 2 x 300ml ctns thickened cream
- 3 x 125g pkts Cadbury mini speckled eggs
- 2 tbsp icing sugar mixture
- Coloured sprinkles, to decorate



• Step 1

Cut 18 strips of baking paper, about 2cm wide and 15cm long. Grease eighteen 80ml (1/3-cup) muffin pans lightly with oil. Lay a strip of paper into each, allowing the ends to extend above the sides.

• Step 2

Process the biscuits in a food processor until coarsely crushed. Add the butter and process until well combined. Divide the mixture evenly among the muffin holes and use the base of a glass to press in firmly. Place in the fridge to chill until required.

• Step 3

Use electric beaters to beat the cream cheese, sugar and vanilla in a bowl until smooth. Use clean, dry electric beaters to beat half the cream in a separate bowl until soft peaks form. Fold into the cream cheese mixture. Chop half the eggs and stir into the cheesecake mixture.

• Step 4

Divide the cheesecake mixture among the biscuit bases, spreading out with a spoon. Cover loosely with plastic wrap and place in the fridge for 6 hours or overnight to set.

• Step 5

Use the paper to lift out the cheesecakes. Smooth sides with a spatula and place onto a serving platter. Use electric beaters to beat the icing sugar and remaining cream in a bowl until firm peaks form. Spoon into a piping bag fitted with a 1cm star nozzle. Pipe cream on cheesecakes. Decorate with remaining speckled eggs and sprinkles. Serve.

Ask about our cooking classes

Physio Update



Hi All,

Allied Health is a team of 1 physiotherapist, 1 occupational therapist and 1 physiotherapy assistant. I'm Warren and I've been with LLARC for just over 12 months. I am a physiotherapist, we assess you as you arrive, establish treatment plans to attend to issue and help you decide on a goal for improvement or maintenance. We can, with the physiotherapy assistant or occupational therapist, provide pain management, more on that soon, but we are all Warren, Drew and Bronwyn trained in massage, the use of safe heat modalities, and I suppose my expertise in the team is exercise prescription. We can facilitate an outdoor walking program if you want to and fit criteria for safety.

An individual exercise program may be advised on how far and how often to walk, up to 3 exercises you practice and remember (memory is a muscle too!) or a more formal written list of activities with diagrams and instruction of how much how often and exactly how to perform these. Bronwyn and I hold exercise classes Monday, Wednesday, and Friday 0930 and 1015. Drew the PTA physiotherapy assistant runs Tuesday and Thursday 2pm seated exercise group. Group of 6-8, and do change from day to day, but regular attendance sees your strength and fitness improve gradually and you tend to keep it. This avoids falls or the severity of falls as you have trained balance reflexes and have "meat on your bones". Strength Mondays, achieve all your best strength fun and fitness. Arms, Leg, and Balance strength Wednesdays and Fun Fridays with cycling and music.

My background is varied as a professional. Training in QLD in 2001, working in central Queensland, Bundaberg. Swimming, surfing, cricket and netball were the sports I provided weekend cover for. Moving and working in Sydney, Newcastle, Forster, Port Macquarie, Wauchope, and now just in Laurieton. Throughout those years I have worked in private practice, private hospital, at Manning and Port Base hospitals and running my own business in Sunny Pacific Palms. We relocated here so I can continue studies at the local university CSU, Radiography and our daughter could attend lovely Laurieton public school. We're loving it and hope to stay on for her high school years.

So when you see me, stick your hand out and say G'day

Warren

Compliments, Complaints and Feedback

We welcome your Suggestions, complaints and Compliments and regard them as opportunities for us to improve. We recognize the importance of clear processes that facilitate resolution of consumers' concerns and complaints and are committed to investigation of all issues of concern.

You or your advocate are encouraged to make a complaint or compliment to any of our managers.

You may arrange to see one of our managers in person (See reception), Email us or by telephone.

Tim Cummins – Facility Manager, fm@laurietonlakeside.com.au

02 6559 8777

Kristy Potts – Operations Manager, operationsmanager@laurietonlakeside.com.au

02 6559 8777

Feedback, Complaint, Compliment and suggestion forms are available in the foyer and at the nurses' stations. If you are not happy with the outcome of your complaint or you would like to take it further.

You can also take your concern to

The Aged Care Quality and Safety Commission
or seek the use of an Aged Care Advocacy Service.

Below are a couple of services you may like to use as your advocate.

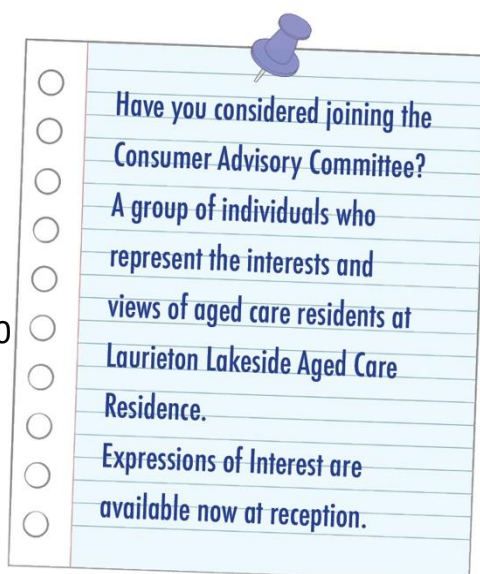
AGED CARE QUALITY AND SAFETY COMMISSION

1800 951 822

OPAN (Older Person Advocacy Network) 1800 700 600

SRS (Seniors Rights Service) 1800 424 079

NB: All complaints are strictly confidential and management will not tolerate any form of reprisal toward any consumer or their representative because of any comment or complaint, they raise.



Fun Stuff to do



SHORT JOKES & ONE-LINERS

Why did the Easter Bunny cross the road?
Because the chicken had his Easter eggs!

😄 😏 😎

inspoetry.com

What happened to the Easter Bunny when he misbehaved at school? He was eggspelled!

Easter Jokes

What happens when you tell an egg a joke?

If cracks Up!!

Did you hear about the bunny who sat on a bumblebee? It's a tender tail.

Easter Jokes

Why did the Easter egg hide?

Because he was a little chicken!

WHY DID THE EASTER BUNNY HAVE ON A HAT?

BECAUSE HE WAS HAVING A BAD HARE DAY.

WHY DID THE EASTER BUNNY HAVE TO FIRE THE DUCK?

BECAUSE HE KEPT QUACKING THE EGGS!

Why was the little girl sad after the Easter egg hunt?
Because an egg beater!

What do you call a rabbit with sniffies?
A runny bunny.