



Laurieton Lakeside
AGED CARE RESIDENCE

LAKE SIDE NEWSREEL

October 2025



Inside the October Edition ...

*Welcome	2
*Services at Lakeside.....	3
*Note from Management	4
*Month in Review	8
*Recipe of the Month	16
*Find a word.....	20



Lifestyle's team

NEWSREEL



Welcome to our October Newsreel!

This month we have some great entertainment happening! We have a special Octoberfest edition of Happy Hour on Friday 3rd October. This is also our Footy Jersey Day dress up in the lead up to the NRL Grand Final on Sunday 5th October.

We are having the NRL Grand Final on the Big Screen in the activities room on Sunday 5th October, game starts at 7:30pm so head down early to get a seat.

We also have Ballroom Dancers visiting for a performance on Tuesday 28th October at 10:30am. Don't miss it!

There is also a special Cuppa Time for Dementia to be held on Tuesday 21st October, raising awareness and funds for research into Dementia.

Kind regards

Michelle, Olivia, Jodi, Cam & Mel

xxx



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 and Jitender – Nurse Practitioner)	Dr Chong (Tuesdays) 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 Note from Management

Facility Manager Update

Dear Residents and Representatives,

New Accreditation Standards

Last month we looked at Standard 6 – Food and Nutrition.
This month, we explore Standard 7 – The Residential Community.

Standard 7 is the final chapter in this series.

Standard 7: The Residential Community

Resident Statement: I contribute to the community I live in.

Worker Statement: We work together to build a connected community.

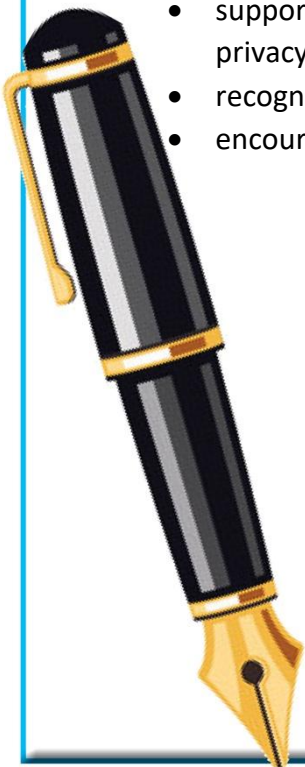
Standard Outline

Strengthened Quality Standard 7 focuses on:

- supporting a person's wellbeing by managing transitions that make sure their safety, privacy, choice, decision making and continuity of care are respected.
- recognising and respecting diversity and culture.
- encouraging physical and psychological safety.

Strengthened Quality Standard 7 includes key topics that can be demonstrated by:

- reducing boredom and loneliness as well as monitoring older people's daily activities.
- developing strategies to protect the physical and psychological safety of older people receiving care.
- allowing older people receiving care to meet visitors in private, including making sure they can engage in sexual activity without judgement if they want to.
- supporting continuity of care by helping with access to other services if needed
- maintaining connections with specialist health services.



A Note from Management

Staff Training and Education

Recently, staff have been training in areas including: Resident Statement of Rights (this is part of the new Strengthened Aged Care Standards), Trauma Informed Care and Manual Handling/Moving People Safely. Lakeside's education program is the foundation of our continuous improvement program for staff.

Food & Dining Experience Survey

In October, we will be rolling out a new bi-annual Food & Dining Experience Survey as part of our continuous improvement program. Residents and relatives will have the opportunity to provide feedback about their experiences. Experience trends will be made available as we improve our food and dining program.

New Vending Machine

We recently secured a new vending machine contractor, and we now have one machine to cover all drinks and snacks. The machine is located in the corridor beside the main dining room on North wing.

See you next month.

Tim Cummins

Facility Manager



A word from Mark

October – Goodbye footy for several months!! Some people are very glad I am sure!!! Others not so – good time to remember it is '**just a game**' 😊

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

Why do bees have sticky hair? Because they use honeycombs

What do you call a detective who accidentally solves all his cases? Sheer Luck Holmes.

How do you make a robot angry? Keep pushing his buttons

Why did the tomato turn red? Because it saw the salad dressing?

Did you know bunnies eat more carrots than people?

Of course! When was the last time you saw a bunny eat a person?

I used to play piano by ear, but now I use my hands.

"Wrinkles will only go where the smiles have been." - *Jimmy Buffet*

"It matters not how long we live but how." - *Philip James Bailey*

"It's important to have a twinkle in your wrinkle." - *Unknown*

"The billions of flowers blooming around the globe are preachers with a single message: "Don't worry! God cares for our needs." Robert J. Morgan


Church services for OCTOBER:

Anglican Monday October **20** (Public holiday on October 6)

Catholic Monday October **13**

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



Eric Liddell! Do you remember that name from the movie 'Chariots of Fire'? He was the Scotsman at the 1924 Olympics who, because of his Christian faith, would not race on a Sunday in the 100 metres, and instead raced in the 400 and won Gold in world record time.

He left soon after to become a missionary in China, eventually dying in a Japanese internment camp during World War 2. Well, I am reading a book written by him and he had this Bible quote - a paraphrase of 1 Corinthians 13:4-8

'Love:

is very patient, very kind,
knows neither envy nor jealousy,
is not forward or self-assertive,
is not boastful or conceited, gives itself no airs,
is never rude, never selfish, never irritated,
never broods over wrongs,
thinks no evil,
is never glad when others go wrong,
finds no pleasure in injustice but rejoices in the truth,
is always slow to expose; it knows how to be silent,
is always eager to believe the best about a person,
is full of hope, full of patient endurance,
never fails.'

It made me wonder – is that how I love other people? What about how I love those close to me? Am I patient? Kind? Boastful? Am I rude to people? Do I keep silent when I should?

What about **you** who are reading this article? I should be displaying these characteristics in my dealings with **you**....I should be showing my love for **you** in my actions.

Reading this really makes me think about what the Bible says – that I am to love God with all my heart soul mind and strength, **and to love my neighbour as myself** – and He effectively explained then that my neighbour means **everyone!...my family, YOU**, and even people I find annoying or difficult etc. Interesting isn't it!

So – I would appreciate it if you find me not acting in line with the verses above about love – do me a favour and let me know.

And could there be something there for you to think about? How do you love those around you?

The old Beatles song said 'All you need is love' – while that is not quite true, Love is a priority in a world of wars, crime, hatred – more real love toward others will not be a waste.

Bye for now – Toodle-oo and God bless you

Chaplain Mark



Happy Snaps

Activities - Month in Review

Big thanks to Laurieton Men's Shed for inviting some of our 'dads' to a Father's Day lunch. The men enjoyed delicious variety of homemade, woodfired pizza followed by a tour around the various buildings at the Men's Shed.



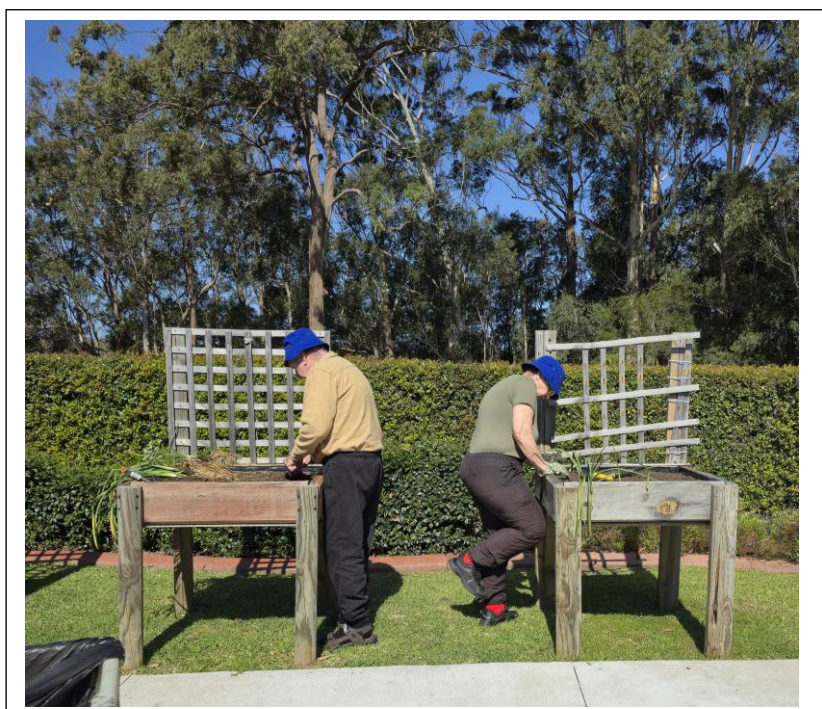
Happy Snaps

Activities - Month in Review



Happy Snaps

Activities - Month in Review



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



Spring is here again, come on down and help us clear out the weeds and trim back the herbs before everything takes off again in the warmer weather.

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

Next Scheduled Podiatrist Visit

Monday 13th October 2025
&
Monday 27th October 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 month 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 enjoy the morning sun. 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

We will be continuing our weekly outings to the Laurieton United Services Club every Thursday. These are now going to be for lunch only as it has proved very popular with our residents. Please register your interest in these outings by contacting the Lifestyles team.

Joke of the Month

What do witches use to do their hair in
October?

.....Scare-spray!

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



Easy 5-ingredient ratatouille rice bake

Ingredients

- 1 tbsp extra virgin olive oil
- 750g pkt Coles Kitchen Ratatouille
- 510g jar Coles Simply Tomato, Onion & Garlic Pasta Sauce
- 3 x 250g pkt Coles Microwave White Long Grain Rice
- 70g (1/2 cup) shredded parmesan
- Fresh basil leaves, to serve (optional)



Method

1. Heat oil in a large, non-stick ovenproof frying pan over medium-high heat. Add ratatouille and cook, stirring, for 5 minutes or until almost cooked through. Add pasta sauce and stir to combine. Season, then bring to a simmer.
2. Squeeze the packets of microwave rice to separate the grains. Add rice to the ratatouille mixture and stir to combine, breaking up any large lumps of rice with a wooden spoon. Cook, stirring, for 2-3 minutes or until the rice is heated through. Smooth the surface and turn off the heat.
3. Preheat an oven grill to high. Sprinkle parmesan over the rice mixture. Grill for 2-3 minutes or until the cheese is golden and bubbling. Sprinkle with basil leaves, if using, to serve.

Ask about our cooking classes

Physio Update



Allied Health Update

Hello everyone. With the warmer weather we thought it might be a good time to remind everyone about falls prevention. Falls are one of the most common causes of injury for older adults, but many can be prevented with a few simple strategies.

1. Staying active through regular gentle exercise helps maintain balance, strength, and flexibility. Exercise seems to be easier when the weather is not freezing and miserable. The Allied health team currently have 4 days of exercise classes – Monday and Friday mornings, as well as Tuesday and Thursday afternoons. If you are interested in attending any classes, please let Care staff or Allied Health know so we can determine which group would best suit. As well as group exercise, we also offer individual exercise programs, so if you are interested but don't like being in a group, we can tailor an individual program.
2. Good footwear is essential – make sure shoes are well-fitting, supportive, and non-slip.
3. Keeping living spaces clutter-free and ensuring good lighting reduces trip hazards, and using mobility aids as recommended can provide extra stability.

If you feel unsteady or are worried about your balance, please let Care staff or the Allied health team know so we can provide extra support and advice.



Happy Exercising!!

Bron, Warren and Drew

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

Nichole Lucey – Director of Nursing, don@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.

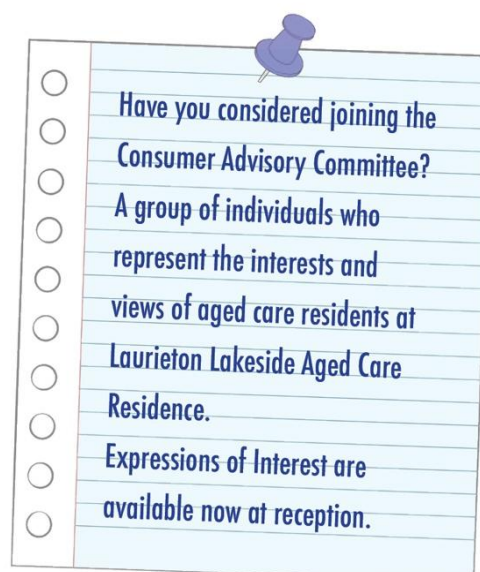
AGED CARE QUALITY AND SAFETY COMMISSION

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.

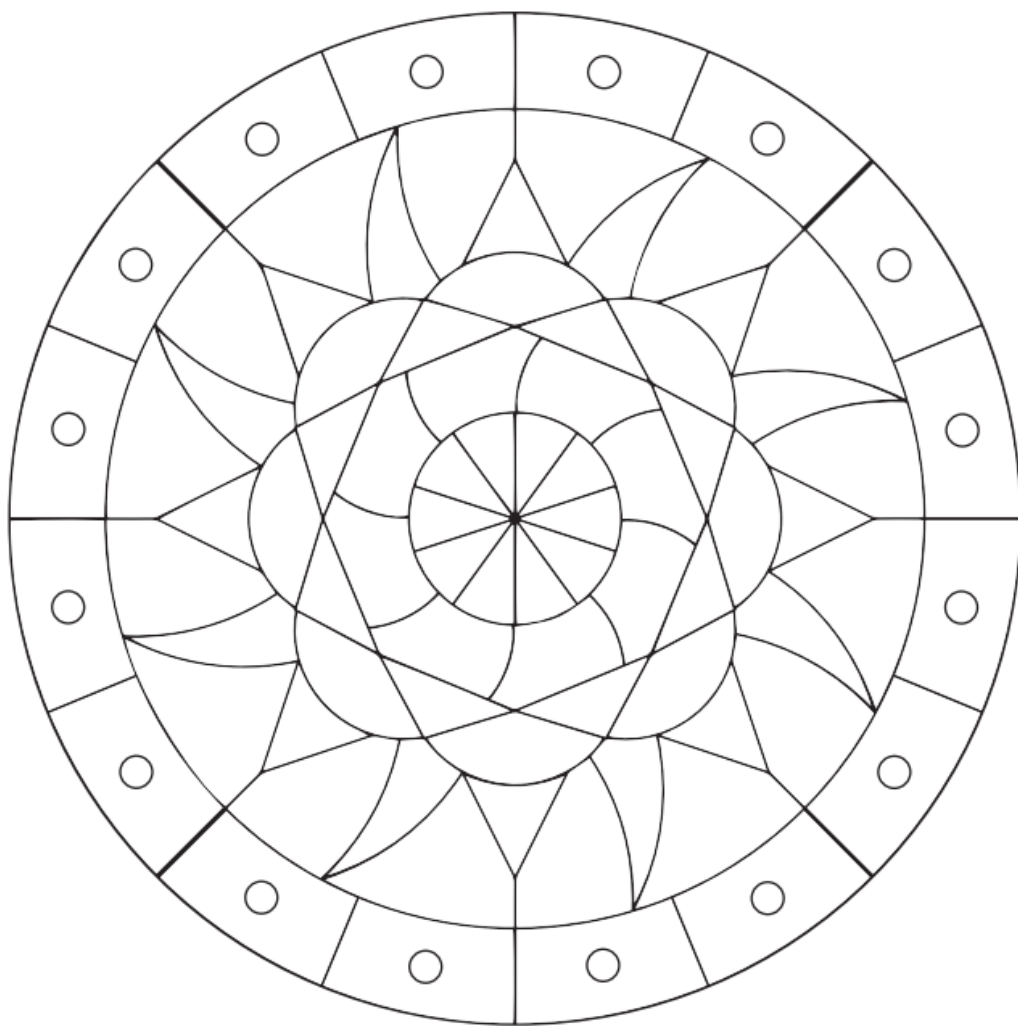


- Have you considered joining the
- Consumer Advisory Committee?
- A group of individuals who
- represent the interests and
- views of aged care residents at
- Laurieton Lakeside Aged Care
- Residence.
- Expressions of Interest are
- available now at reception.

Fun Stuff to do



Colouring



Word Search

WORLD BEER TYPES



R K F Z B A M B E R J F H
D U N K E L R Y E P J Q P
W S C H W A R Z B I E R G
E T R L A G E R E L V M H
I O S C O T C H R S T L E
Z U A L E O W H L N R A L
E T Y E M T N J I E I M L
N W I T B I E R N R P B E
B A R L E Y L K E C E I S
O C I R I S H Y R V L C F
C I D E R A S A I S O N R
K Z T D C A S K V R U W H

Pilsner
Lambic
Irish
Schwarzbier
Barley

Lager
Dunkel
Berliner
Cask
Saison

Stout
Amber
Scotch
Cider
Weizenbock

Ale
Tripel
Rye
Helles
Witbier