



Laurieton Lakeside
AGED CARE RESIDENCE

LAKESIDE NEWSREEL

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June 2026



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Lifestyle Team Welcome

Hello Residents, Families and Friends!

Welcome to our June edition, a month filled with harmony, memories, and uplifting melodies.

June is especially special because it celebrates World Music Day, a time when people around the world come together through song, instruments, and rhythm. Music has a wonderful way of connecting generations, bringing comfort, sparking memories, and lifting spirits. Whether it is a beloved tune from years gone by or a new melody discovered today, music reminds us that joy can always be found in a song.

This month, we celebrate the timeless gift of music and the happiness it brings into our lives.

With warm wishes and joyful reflections,

Michelle, Olivia, Jodi, Cam & Angela.

June Trivia

June is named for Juno, Roman queen of the gods

Zodiac signs: **Gemini & Cancer**

Birthstone: **Moonstone or Pearl**

Flower: **Rose or Honeysuckle**

Quote of the Day

*Where words fail,
music speaks.*

– Hans Christian Anderson

Services Provided at Lakeside

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.

Facility Manager Update

Dear Residents and Resident Representatives,

New Wing Update

We are pleased to report that our builder and project manager were onsite in May to create an implementation plan for the new development. We are expecting contractors onsite in late June to commence the project. In the meantime, you will see consultants around the property perimeter throughout June as they prepare their teams to commence works. We are hoping to provide a comprehensive project plan in July for residents and representatives. This will be finalised after our onsite meeting with the builder prior to works commencing.

Food Satisfaction Surveys

During the first week of June, our bi-annual food satisfaction survey will be conducted with residents and representatives. Survey results are benchmarked against other aged care homes in the industry and provide us with insight into what we do well, and what can be improved. Some representatives (as proxy) will receive an email link to complete the survey. Please keep an eye out in your inbox. We encourage all residents and representatives to provide honest feedback and help us improve our food and dining experience. Results from surveys will be provided during resident and representative meetings.

Recruitment Drive

We have undertaken a significant recruitment drive for Registered Nurses (RN), Assistants in Nursing (AIN) and Cleaners. Our recent online Seek ads have attracted a combined 60 applicants across these roles and we have commenced our interview process. Residents and representatives will see many new faces join our team in June and July which is an exciting prospect. Current market conditions are seeing many healthcare professionals wanting to relocate from major cities to the majestic Mid-North Coast. We are confident that this latest push to bolster our staff numbers will lead to a more robust roster.

See you next month.

Tim Cummins

Facility Manager

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.

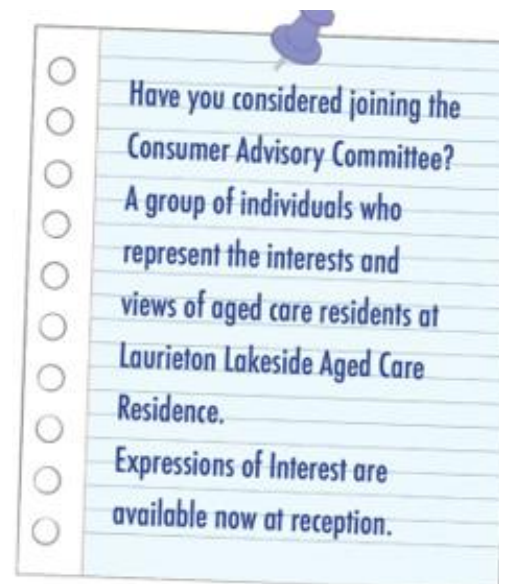
You can also take your concern to
The Aged Care Quality and Safety Commission
or seek the use of an Aged Care Advocacy Service.
Below are a couple of services you may like to use
as your advocate.

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.



A word with Chaplain Mark

June – welcome to winter! Love it. I love getting some warm clothes on, sitting with friends, sipping coffee...or wine, having a chat – preferably by the fire. And of course, watching footy – AFL preferably. Speaking of footy, we are well into the season – hope your teams are doing well.

A few laughs for you....and some stuff from wise people.....

When does winter begin? When autumn leaves.

What's easy to catch and hard to get rid of? A cold.

What do you call a penguin in the Sahara Desert? Lost.

A man called his twin brother from prison. "Hey remember when we were kids and use to finish each other's sentences?"

Ever have strange dreams? Last night I dreamed I was a muffler. This morning I woke up exhausted.

My grandfather says to me, "when I was a boy you could walk into a grocery store with two dollars in your pocket and walk out with a loaf of bread, a dozen eggs, even a little butter!".....Then he adds, "but now, these days, too many damn cameras."

"What good is the warmth of summer, without the cold of winter to give it sweetness." — John Steinbeck

"Anxiety does not empty tomorrow of its sorrows, but **only empties today of its strength.**" -Charles Spurgeon

"Our greatest fear should not be of failure, but of succeeding at things in life that don't really matter." – Francis Chan

"God uses valleys to mould our character." – Lee Stroble

CHURCH SERVICES for June

ANGLICAN **Monday June 1**

CATHOLIC **No service, due to King's birthday holiday**

Pastoral Care Visits are planned each week and on request.

Residents, relatives, friends, or staff are welcome to have a chat about anything.... Just let me know - give me a yell as I walk around, call me on ext.114, or on 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** – family, memories, travels, God, footy, cricket, motorbikes, what makes you happy, sad, worriedanything!!

A word with Chaplain Mark

REGRETS....let's be honest....we all have them!

Recently I came across some books and articles about **regrets of older people, of people approaching end of life**. Looking at the regrets people mention, I thought it worthwhile to share some with you....not because you and I are necessarily old, or near end of life – but because these regrets may prompt **us** to consider changes that may be needed in our lives NOW, or soon, so we do not have these regrets later.

And in many cases, it may be not changing - but making things right.

I will likely share some more of these regrets next month as there are too many to put out in one go.

Here we go.....I can relate to these, can you?

I wish I had been more loving to the people who matter most to me. Many people express sorrow for not having been more understanding, caring, and present for the people who were most important to them. They wished they had said "**I love you**" more often. 💡 An idea - take a moment to write a letter/email/text or phone someone you love, and let them know how much you care. It will mean the world to them, and it'll make you feel great too. **And** start telling those important people in your life more often how you really feel about them.

I wish I had not spent so much time working. Many people work long hard hours, then regret missing the important moments in their kids' (and others') lives. We cannot make up for lost time. Maybe change what we can now, **and** say a genuine sorry (NOW) to whoever you need to. Remember we have choices with work - try to have a healthy work-life balance. Your job is important, but there are other things in life that are just as (or more) important.

I wish I wouldn't have compared myself to others. Everyone struggles with this, but ...**COMPARISON CRIPPLES**. Compare yourself to your friends, family, or idols, and you'll always see yourself as better than some and not as good as others – it is a waste of time!! Learn to be content with who you are and what you have. The Bible talks a lot about contentment – so good if you can learn to be content. **Stop comparing**.

I wish I did not hold that grudge. When people hurt you, it can be hard to forgive. But holding a grudge **only hurts the one holding it!!** I have learned to forgive (and seek forgiveness where I need to). Please try it – both are freeing...for YOU and ME.

If any of this has touched a nerve, please talk with me.

Toodle-oo and God bless you

Chaplain Mark

Activity Spotlight — Men's Shed Visit



Last month we made a visit to the Laurieton Men's Shed for a special pre-Mother's Day lunch. The lovely men took our ladies for a tour of their various sheds and gardens.

Then we came back into their main meeting room for a delicious lunch of handmade Focaccia and Pizza's made by Men's Shed member Robert Scott and served by the other men's shed members.

We are so thankful of the invite to have our ladies visit and be spoiled with kindness.



Activity Spotlight — Bocce Visit from Emmaus



Last month Laurieton Lakeside's Blanket Bocce Team played their first competitive game against the team from Emmaus who travelled down from Port Macquarie to play.

The game was very close and competitive but 'Lakeside Legends' managed to scrape through as winners by the end of the game.

Congratulations Lakeside Legends, Barbara, Merv, Colin, Don, Linda, Fred and Adolf!

This competition will continue the first Wednesday afternoon of every month!



Activity Spotlight — St Joseph's Choir



During May we had a visit from Year 5 and Year 6 students from St Joseph's Primary School, Laurieton, during our Catholic Church Service.

Our residents so enjoyed hearing the children singing and getting to have a chat to them at the end of the service.

Big thanks go out to these students and their teachers for coming along and bringing such joy to everyone at Laurieton Lakeside.



Activity Spotlight — Mother's Day BBQ



What We've Been Up To Lately



Allied Health & Physio Update

Hi from Allied Health

Winter is now upon us, and we tend to want to slow down and snuggle in. Exercise becomes less of a priority and often it's too cold to walk outside. However, it's important to continue to be as active as possible to maintain or improve our mobility. Australia has developed Physical Activity and Sedentary Behaviour Guidelines which outline the minimum amount of physical activity required for all ages, including older Australians.

Older people should be active every day in as many ways as possible, doing a range of physical activities that incorporate fitness, strength, balance and flexibility. It's recommended that they should complete at least 30 minutes of moderate intensity physical activity on most, preferably all, days, no matter their age, weight, health problems or abilities



What are the Benefits of exercise?

- We have a reduced risk of developing chronic diseases or managing the ones we already have.
- Our memory and brain function improve.
- Physical activity improves balance and coordination and in turn can minimise the risk of falls.
- Our bones get stronger.
- We improve our physical function and independence.
- We recover from illness more quickly.
- We stay socially connected.

At LLACR we strive to have some sort of physical activity happening for our residents every day;

- There are Falls Prevention classes run by the Physiotherapist Warren or the Occupational Therapist Bron
- There is seated exercise classes run by the physiotherapy assistant Drew.
- There is individual exercise programs developed for residents to meet their mobility or functional goals.
- There are games and physical activities organised and run by Lifestyles.
- There is a walking group
- Care staff also participate with assisting residents with their mobility.

So, despite the cold, join in where you can or come and see Warren, Bron or Drew if you want to ask more about meeting your exercise and mobility goals.

Bron, Warren, Drew & Theo

Upcoming Events

Birthday Party with Roy

Tuesday 9th June, 10:30 am, Activities Room

Poetry with Bill

Wednesday 10th June 10:30am, Activities Room

Singalong with Kathryn “Big Sing”

Tuesday 23rd June, 10:30am, Activities Room

BBQ for West & East Residents

Tuesday 30th June, 11:00am,



Regular Events

- Anglican Service first Monday of Month 10:30am
- Catholic Service with St Joseph’s Choir School Choir second Monday of Month 10:30am
- Hairdresser every Wednesday
- Bingo! Every Thursday at 10:30am
- Men’s Group every Friday at 9.30am
- Ladies Group every Friday at 10.30am
- Happy Hour every Friday at 2pm
- Resident & Representatives Meeting, third Monday of the Month alternating morning or afternoon, see monthly program for time.
- Walking Group, every Wednesday at 10:30am

Special Days

- 1st World Milk Day
- 2nd Italian National Day
- 5th World Environment Day
- 6th D-Day
- 8th World Oceans Day
- 9th Kings Birthday Public Holiday
- 9th Men’s Health Awareness Week
- 11th FIFA World Cup 2026
- 20th World Refugee Day
- 21st World Music Day
- 29th Wimbledon

June Birthdays

In June, we celebrate birthdays with:

- **June H**
- **Peter L**
- **Peter M**
- **Alex K**
- **Margaret P**
- **John P**
- **Margaret L**



Please join us in the Activities room on the second Tuesday in June to celebrate!

Music Trivia

- World Music Day began in France in 1982.
- The piano has over 12,000 parts inside it.
- Singing in a group can improve mood and reduce stress.
- The world's oldest known musical instrument is over 40,000 years old.
- Many people can remember song lyrics more easily than shopping lists!

Gemini (May 21 – Jun 20)

Geminis love to learn and they never stop wondering about the unexplained.

Cancer (June 21 – July 22)

Cancer personalities are very emotional and sensitive, and care deeply about matters of the family and their home.

WOW!

The Invention of the Phonograph

In June, we celebrate how music reached homes everywhere with the phonograph, invented by Thomas Edison in 1877. It was the first machine to record and replay sound, leading to records, radios, CDs, and today's music streaming. For many, hearing a favorite record spin remains a treasured memory.

Poem to Share

The Sunlight on the Garden

Louis MacNeice

The sunlight on the garden
Hardens and grows cold,
We cannot cage the minute
Within its nets of gold;
When all is told
We cannot beg for pardon.

But where the road runs onwards
And sings into the trees
There will the tramp of living,
The tune of passing bees,
And no one sees
The long wind's griefless laughter.

Yet we can still rejoice there,
Though every day be brief,
For beauty still surrounds us,
Beyond our care and grief,
And leaf with leaf
Makes music in the branches.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Beryl C**

We hope that you enjoy your time here!

NEW STAFF

A warm welcome also goes to the people who joined our team in the past month!

BUS OUTING

This month we have a bus outing to Wauchope for Op Shopping and then lunch at the Wauchope RSL Club.

Please see one of our Lifestyle team to put your name down to attend.

THANK YOU

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference, and we so very much appreciate your time and energy.

LOST PROPERTY

We have had a large volume of unlabeled clothing accumulate. Please ensure that any clothes are labelled prior to being washed and any new clothes are sent to the laundry for labelling.

CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to Lifestyle, or email us anytime via lifestyle@laurietonlakeside.com.au

Thank you!

LIBRARY

We have a small library of books in our Activities Centre. If you can't make it down to activities, ask one of our Lifestyle team and we are happy to deliver and pick up books for you.

Noticeboard



LIFESTYLE - BOCCE

This month we have a team of keen Bocce players having a game against Emmaus on Wednesday 3rd June at 1:30pm. Best of luck to our 'Lakeside Legends' team.

HAIRDRESSER

We have a hairdresser who attends every Wednesday. If you would like an appointment please ask a staff member to write your name down in the hairdressers book.

FURRY FRIENDS

At Laurieton Lakeside, we warmly welcome well-behaved and vaccinated pets to visit our community. Pets can bring such joy and comfort to our residents.

We do ask that you do ensure that you bring a 'doggie doo' bag to clean up after your pet if required.

Your pet can be off lead when visiting in resident rooms, however we ask that you keep them on leash in common areas.

PODIATRY

We have a podiatrist who visits on a monthly basis. Next visits are;

Monday 22nd June 2026

Monday 29th June 2026

If you have a need to visit, please let staff know and they will put your name down for an appointment.

RESIDENTS & REPRESENTATIVES

Laurieton Lakeside's Resident and Representative meetings are held on a Monthly basis on the third Monday of each month. Dates and times can be found on the monthly program.

We encourage our residents and their representatives to attend and participate in discussions at these meetings, regarding feedback, information sharing, and up and coming activities.

We love to hear your suggestions or recommendations.

Laughing Matters



The Blind Pilots

Two men dressed in pilots' uniforms walk up the aisle of the aircraft. Both are wearing dark glasses, one is using a guide dog, and the other is tapping his way along the aisle with a cane.

Nervous laughter spreads through the cabin, but the men enter the cockpit the door closes, and the engines start up. The passengers begin glancing nervously around, searching for some kind of a sign that this is just a little practical joke. None is forthcoming.

The plane moves faster and faster down the runway, and the people sitting in the window seats realize they're headed straight for the water at the edge of the airport property. Just as it begins to look as though the plane will plow straight into the water, panicked screams fill the cabin.

At that moment, the plane lifts smoothly into the air. The passengers relax and laugh a little sheepishly, and soon all retreat into their magazines and books, secure in the knowledge that the plane is in good hands.

Meanwhile, in the cockpit, one of the blind pilots turns to the other and says, 'You know, Bob, one of these days, they're gonna scream too late and we're all gonna die' !!

Pub Entry Plan

Two guys were out walking their dogs on a hot day, when they pass by a pub. The first guy says, "Let's go in there for a pint." Second guy, says, "They won't let us in with our dogs." First guy: "Sure they will, just follow my lead."

He goes up to the pub, and sure enough the doorman says, "I can't let you in here with that dog." He replies, "Oh, I'm blind and this is my seeing-eye dog." The doorman says, "Ok then, come on in."

The second guy sees this and does the same thing. He goes up to the pub, and the doorman says, "You can't come in here with a dog." He replies, "I'm blind and this is my seeing-eye dog." The doorman responds, "You have a chihuahua for a seeing-eye dog?" The second guy stops for a second, and exclaims, "They gave me a chihuahua?"

Word Search

MUSICAL INSTRUMENTS



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

Guitar
Violin
Piano
Clarinet

Drums
Saxophone
Xylophone
French Horn

Viola
Harmonica
Ocarina
Trumpet

Vuvuzela
Ukelele
Accordion
Bugle

Cello
Bagpipes
Flute
Sitar