

# MARCH 2024 NEWSREEL



## St Patricks Day Issue...

<b>Welcome .....</b>	<b>2</b>
<b>Note from Management .....</b>	<b>3</b>
<b>Month in Review .....</b>	<b>10-11</b>
<b>Recipe of the Month .....</b>	<b>16</b>
<b>Word Search .....</b>	<b>19</b>
<b>Trivia .....</b>	<b>20</b>



# News Reel Welcome...

Welcome to autumn a lovely change of season.

A warm welcome to our new residents and there families.



The Easter raffle is looking great! Lots of chocolate goodies. If you would like to purchase some tickets, please see Olivia, Hayley or one of the friendly Lifestyles team. The raffle will be drawn on the 28th March.

St Patrick's day will be celebrated on the 15th of March with Irish tunes and celebrations, followed with a traditional Irish Guinness with be served with Lunch!



Harmony day is March 21st— Harmony day is a celebration of our Cultural Diversity. Wear **ORANGE** or something that represents your families Culture. There is a special message in this day; and that is —Everybody Belongs.

If you have a special occasion coming up and would like to celebrate with your loved one please let Jodie, Olivia or Hayley know; as we may be able to assist you with preparations, to make the day that little bit more special.

Jodie, Olivia and Hayley

# A Note from Management

Hello and welcome to March - The first of the Autumn weather! The days are still quite warm and humid however we are looking forward to that cooler change! Don't forget Daylight Saving next Month ( April). We lose daylight in the evenings but gain time to sleep in a little extra in the mornings!

Staff are currently undertaking competencies to ensure residents are safe and receiving the care and services they choose. Part of these competencies are to understand specific skills that apply to their area of work practice however across the whole facility, we are concentrating on competencies based on Infection control; The importance of Correct Donning and Doffing practices and good hand hygiene.

Nichole Lucey (Quality Coordinator), has accepted the position of Deputy Director of Nursing (DDON) at Laurieton Lakeside, effective immediately.

Nichole is now responsible for the care delivery in PJ, Lakeview, and East wings, whilst maintaining her Quality Coordinator responsibilities. Lisa Archer will continue in her role as Assistant Director of Nursing (ADON) and will oversee care delivery in North, South and West wings. Although Lakeside's Director of Nursing, Kathy Barnett, maintains overall responsibility for the home's clinical governance and accreditation compliance, the abovementioned changes will allow Nichole and Lisa to specifically focus on resident care, incidents, and care planning (among many other key areas) in their nominated wings.

Please welcome Nichole in her new role and speak with DON, Kathy Barnett should you require further clarification.

There has been quite a few items coming through the washing that are not labelled with resident names. A reminder that all new clothing entering the building need to be clearly labelled / Marked with resident names for easy identification. If you need assistance with this task, please alert the front reception. Clothing labels can be purchased though the facility at 50 cents per label and can be charged to the resident account. Lost property days are held each Monday and Wednesday in the east wing lounge between 10am and 12MD. Residents and their families are able to look through the items of lost property to locate missing items OR speak to our staff member that will note items lost and assist in locating.

Until next Month ,

Stay well and Take Care,

LLACR Management Team

# Lost & Found Retrieval Day's

Every Second Wednesday we hold a Lost and Found Recovery Day for all Lost and Found Items. (Clothing, Books, Personal Effects).

Residents, Relatives and Representatives will be able to browse through lost and found to identify their own (or loved ones) property. If items are unable to be located at the time, our staff member running the session 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.



Where: East Lounge

Date: Monday & Wednesday mornings

Time: 10:00am until 12MD



# Resident & Relative Meetings

---



The next Resident and Relative Meeting will be held in the Lifestyles Room on the

***Monday 18TH MARCH 2024 at 10:30am***

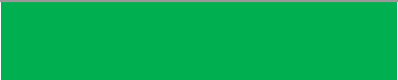
This meeting is held once a month. Come along and meet other residents and relatives.

Remember - This is your meeting and all feedback is valued. This is a time for you to express your compliments, concerns and offer any suggestions.

Relatives are welcome to attend.

Previous meeting minutes are available at in the Lifestyles Room.

---



## A word with Chaplain Mark

March is upon us...and this year it includes Easter. What a great time.

"The story of Easter is the story of God's wonderful window of divine surprise." —Carl Knudsen

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

"Easter is love. Easter is the love of Christ and God our Father. Easter is the time to show love to all those who mean the most."—Unknown



# Church Services

## Church services for March:

**Anglican** Monday March 4<sup>th</sup>

**Catholic** Monday March 11<sup>th</sup>



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** – family, memories, travels, God, footy, cricket, motorbikes, what makes you happy, sad, worried .....anything.

# Chaplain's Corner

March is full of interesting events and dates. Some of them are: Baby sleep day, National Pig day, Clean up Australia Day, Ides of March, St Patricks Day, Harmony Day, World Poetry Day, and Easter. It also heralds the start of the NRL and AFL competitions. If you support a team, all the best to you and your team. Some people have high hopes, but others I have talked with are not at all optimistic about their team's prospects.

Some of these goings on are interesting...they may be significant for some people, irrelevancy footy teams – Collingwood, and St George, I love chocolate, and have been known to devour the odd Easter Egg or two (or more), but it is not any of those things named above, not football, nor chocolate eggs, that excite me about March.

I am excited because I believe what we know as the Easter event, as the most significant thing to have happened since the creation of the world! Yes, more significant than my birth or yours, more than my wedding, than the birth of my children, even more than Collingwood winning the premiership last year!

I can almost hear you saying....are you nuts? What are you thinking? Why would you think that?

Well, while for many people, Easter is all about bunnies, chocolate, family, having time off work, the real meaning of Easter is about the death and resurrection of Jesus Christ. About 2,000 years ago, He died on a cross, was buried, and three days later rose to life again. Easter means that our greatest enemy, death, has been conquered. Easter means that our sins are forgiven and we are made right with God; that God can move mountains, split seas, restore life, and roll the stone away. That is Good News indeed!

John 3:16 in the Bible puts it well: 'For God so loved the world that He gave His only begotten Son, that whosoever believes in Him shall not perish but have everlasting life'. So, Easter means there is hope for us, after all. As Jesus said, "Because I live, you also will live". Let me know if you want to have a chat about this ...or anything else.

Toodle-oo and God bless you

Chaplain Mark



Those we love are never lost  
We feel them in many ways  
In the beauty they added to our days  
We shall carry with us forever

Our thoughts and deepest sympathy go to the families and friends of Harry Hatton, Peggy Taylor, Heather Heagney, and William Price.



## **Resident Personal Belongings - Important Information**

Laurieton Lakeside treats the protection and security of Resident personal belongings seriously.

Staff education conducted annually includes materials on handling and caring for items used by Residents.

Although Lakeside's staff make their best efforts to ensure no harm comes to Resident belongings, unforeseen accidents happen as we all know.

Lakeside wishes to reiterate that the security of belongings remains with Residents. Personal items owned by Residents are not covered by Lakeside's insurance policy.

Lakeside is not liable for the loss, damage or theft of any personal belongings.

Lakeside's management team appreciate your understanding and any further questions can be directed to our Administration Team.

Thank you,

### **Management**

Laurieton Lakeside Aged Care Residence.



# Activities-Month in Review...





# Activities-Month in Review...



# Gardening NEWS

---



***Garden Club*** is introducing Happy Hour!

**Where:** Lifestyles Garden Space

**When:** 1st and 3rd Monday each month

**Come Along and Enjoy refreshments and / or Gardening.**





# BINGO



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 & would like to help our residents play please come and see Suzanne or Jo in the Activities Centre.

## ***Hairdressing***



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.

Lifestyles will hold **Beauty Therapy** once a fortnight on same day

# Walking For Pleasure

Our Walk Group is held every Wednesday afternoon at 2:00pm.

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.



## Coach Outings

Outings will be returning to the calendar on Thursdays!

These trips are to the LUSC

Please register interest with Jodie, Hayley or Olivia. These trips can be impacted by illness and staff availability we thank you for your patience as we navigate this.



## Joke of the Month "

"I used to be addicted to soap, but I'm clean now."

## Welcome



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 Your Time

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 Lifestyles Team Activities Centre.

# Recipe of the Month

## ROASTED PUMPKIN AND FETTA PASTA

### Ingredients

1 kilogram pumpkin, chopped coarsely

2 teaspoon caraway seeds

1/3 cup (80ml) olive oil

375 gram linguine

1/3 cup (50g) toasted pine nuts

2 tablespoon coarsely chopped fresh flat-leaf parsley

200 gram fetta cheese, crumbled

1/4 cup (60ml) lemon juice

1 clove garlic, crushed

2 tablespoon white wine vinegar



**1. Preheat oven to 240°C/220°C fan-forced.**

**2. Place pumpkin, seeds and 2 tablespoons of the oil in large shallow baking dish; toss to combine. Roast, uncovered, about 20 minutes or until pumpkin is brown and tender.**

**3. Meanwhile, cook pasta in large saucepan of boiling water, uncovered, until just tender; drain.**

**4. Combine pasta and pumpkin mixture in large bowl with pine nuts, parsley and cheese. Drizzle with combined juice, garlic, vinegar and remaining oil; toss gently to combine.**



# Physio Update

**Welcome Back Drew!**  
**Our Allied Health Assistant is back from Holidays!**

**Falls Prevention Classes running this month !**

Please enquire if you are interested !



# 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.

Kathy Barnett – Director of Nursing, [don@laurietonlakeside.com.au](mailto:don@laurietonlakeside.com.au) 02 6559 8777

or

Kristy Potts – Operations Manager, [operationsmanager@laurietonlakeside.com.au](mailto: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.



# St. Patrick's Day

Find the words on the list in the word search below!

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

CLOVER  
 IRISH  
 SHAMROCK  
 WISH

GOLD  
 EMERALD  
 MARCH  
 POT

LEPRECHAUN  
 LUCKY  
 RAINBOW  
 IRELAND

GREEN  
 PATRICK  
 CHARM  
 MAGIC



# ST. PATRICK'S DAY

## TRIVIA

© MEEBILY

- Q.1. Where was Saint Patrick born?
- Q.2. When did St. Patrick die?
- Q.3. Where is St. Patrick buried?
- Q.4. Where St. Patrick studied religion?
- Q.5. What was St. Patrick's birth name?
- Q.6. What is Saint Patrick's nickname?
- Q.7. What color was originally associated with St. Patrick?
- Q.8. What kind of plant is associated with St. Patrick?
- Q.9. Which creature did St. Patrick drove out of Ireland?
- Q.10. Where was the first Saint Patrick's Day Parade held?
- Q.11. When did custom of St. Patrick's Day brought in America?
- Q.12. Which American city holds the largest Parade?
- Q.13. In Ireland, what does the color green stand for?
- Q.14. What type of creature is leperchaun?
- Q.15. Which profession does the leprechaun practice?

- 8). Shamrock    13). Hope    3). Downpatrick    5). Maewyn Succat  
2). 420 AD    12). New York    14). Fairy    4). Gaul    15). Shoemaker  
6). Paddy    10). Boston    11). 1737    9). Snakes  
7). Blue    1). Wales

