



Laurieton Lakeside
AGED CARE RESIDENCE

LAKE SIDE NEWSREEL

June 2025



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Lifestyle's team

NEWSREEL



Welcome to our June Newsreel!

We hope you all managed to stay dry during the crazy May weather. Our thoughts are with those who have been affected by the floods.

This month we are celebrating the King's birthday. We are hosting a special King's Birthday High Tea on Friday 6th June 2025.

We have a special visit from Reptile Solutions on Tuesday 24th June 2025 with a range of reptiles to view.

Also, don't forget to come along to our Resident and Representative meeting at 2:00pm on 16th June 2025. It's your chance to have a say about how we can improve your life here at Lakeside!

Kind regards

Michelle, Olivia, Jodi, Cam, Jolie & Jolene

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, 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 Note from Management

Facility Manager Update

Dear Residents and Representatives,

New Accreditation Standards

Last month we looked at Standard 3 – Care and Services. This month, we explore Standard 4 – The Environment.

Standard 4: The Environment

Resident Statement: I feel safe and supported where I live.

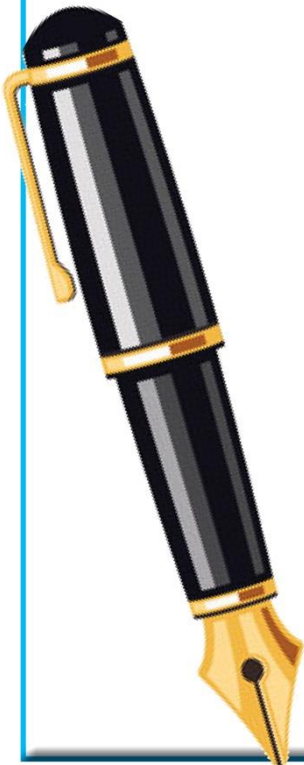
Worker Statement: I create a safe and supportive environment.



Standard Outline

Strengthened Quality Standard 4 recognises that good infection prevention and control (IPC) practices are a key part of service delivery to protect people in care, their supporters, family, carers and staff. Providers must understand how to identify infection-related risks and options to keep providing care to meet resident needs.

Standard 3 focuses on: reducing environmental risks, providing a well-maintained environment, using high quality infection prevention processes.



A Note from Management

Learn About Dementia Sessions

On 4th and 18th of June, Port Macquarie Friendly Community Alliance will be presenting Dementia Awareness sessions at Laurieton Lakeside. These sessions will provide residents and families with an opportunity to learn more about dementia and how the brain changes as we age.

Sessions will be held at 2pm on both dates in the activities room.

Recent Wet Weather

What a wild week of weather we experienced in May! We are pleased to report that we made it through the torrential rain and the building held up remarkably well.

Thank you to all the staff that worked extra hours to help fill the roster gaps.

FM on Leave

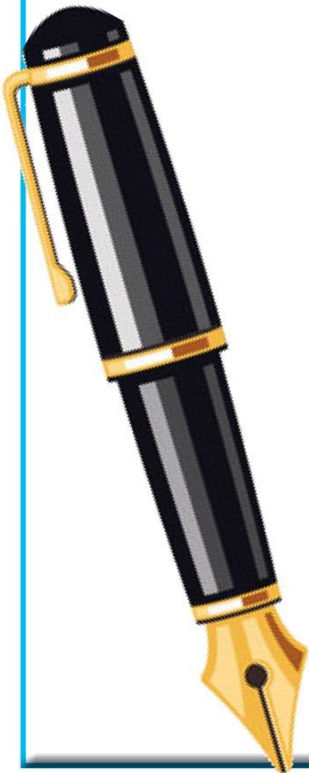
I will be on annual leave from 9th June, returning to work on 1st July.

In my absence, please direct any enquiries to our Admin Manager, Ros, and Admin Assistant, Karen. Ros and Karen will forward enquiries to the relevant staff onsite. Both work in the reception area.

Thank you.

See you next month.

Tim Cummins
Facility Manager





A word from Mark

A word with Chaplain Mark

Winter is upon us! Get out those woollies! .

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

What can you catch in the winter, even with your eyes closed? A cold.

When does winter begin? When autumn leaves

Few women admit their age. Few men act it!

What's an ig? A snow house without a loo!

Why do birds fly south for the winter? Because it's too far to walk.

'Death and life are in the power of the tongue, and those who love it will eat its fruit' Proverbs 18:21

When Handel was asked why his music was so cheerful, he replied, "I can't make any other. I write as I feel. When I think on God my heart is so full of joy that the notes dance and leap from my pen." – George Frideric Handel."

"**Great** minds discuss ideas. **Average** minds discuss events. **Small** minds discuss people." — Eleanor Roosevelt


Church services for JUNE:

Anglican Monday June 2

Catholic **No service** due to public holiday

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

The power of the tongue

This is a hard topic for me to write on, as what I say at times is hardly perfect! Perhaps you can relate to that? I have been trying to use my ears and mouth in the proportion in which God gave them to me – 1 mouth, 2 ears – I am trying to listen more than I speak – but it is hard!

Do I THINK before I speak? – sometimes that is hard as at times, my mouth can work before my brain does 😊. I am also working on **what** I say....what proceeds out of my mouth is important....and it is for you too. Words can lift up or put down; they can be helpful and hurtful; encouraging or discouraging; thankful or not; loving and caring or hateful and uncaring....the list goes on.

What we say affects those to whom we speak, and the effect can also flow from **how we speak**. How nice it is when we receive a request with a genuine 'please' attached. And how nice to receive a genuine 'thank you' (with a smile) for something said or done. And what is great about that is that it does not cost us anything to say 'please', 'thanks', 'sorry' and so on. But it can be of great benefit to the recipient.

Thinking of words – **silence** is how we can communicate at times. But there is good silence and bad.....the old 'silent treatment', not talking to someone – in my opinion is ridiculous! It just further separates people and can lead to seemingly irreconcilable situations. Or just ignoring people is 'bad silence'...again it can be very damaging to people. Then there is 'good silence' – perhaps choosing silence rather than responding angrily or without speaking before thinking ... I am definitely trying to do better on this one.

Thinking on this subject, my mind goes to a great Bible verse which really promotes thoughtful, helpful words...'Let no corrupt word proceed out of your mouth, but what is good for the necessary edification (building up), that it may impart grace to the hearers' (Ephesians 4:29). I can only imagine what it would be like if we all spoke a little more like this – I need to, how about you?.

Want to have a chat about this or anything else? Catch me anytime.

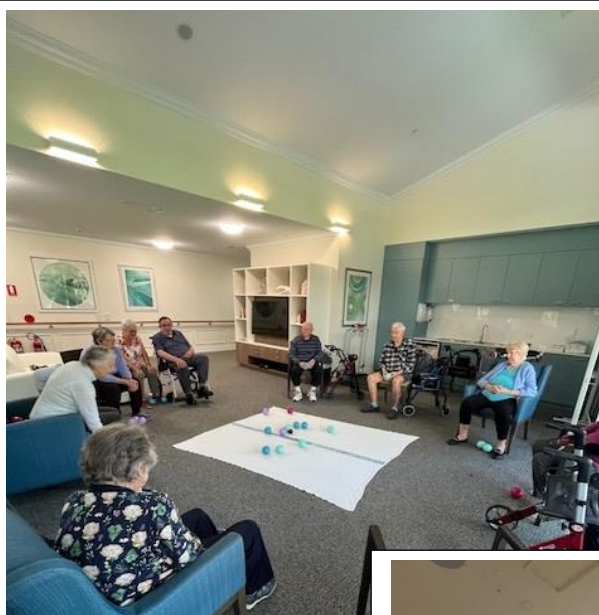
See you round.....Toodle-oo and God bless you

Chaplain Mark



Happy Snaps

Activities - Month in Review



Happy Snaps

Activities - Month in Review

Some of our lovely mothers were treated to a home-made pizza lunch by the **Laurieton Men's Shed**. We wish to sincerely thank them for the invitation and can't wait until we can get back to visit again!



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 2nd June 2025

Monday 16th June 2025

Monday 7th July 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 fortnight 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. Some weeks we head for lunch, others for afternoon tea. Please register your interest in these outings by contacting the Lifestyles team.

Ideas for group outings are welcome, just come and have a chat with us.

Joke of the Month

How does the ocean say hi?

.....It waves!

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



Chana dhal with chutney yoghurt

Ingredients

1 tablespoon peanut oil
1 large brown onion (200g), sliced thinly
1 1/2 teaspoon grated fresh ginger
2 teaspoon brown sugar
1/3 cup (75g) korma curry paste
1 teaspoon ground cumin
1 teaspoon turmeric
1 teaspoon sweet paprika
400 gram (12 ounces) canned diced tomatoes
250 gram (8 ounces) cherry tomatoes
1 cup (250ml) water
1 cup (250ml) coconut milk
400 gram (12½ ounces) canned brown lentils, drained, rinsed
400 gram (12½ ounces) canned chickpeas (garbanzo beans), drained, rinsed
2 tablespoon fresh coriander (cilantro)

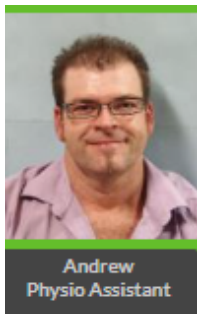


Method

- 1.Heat oil in a large saucepan over medium heat; cook onion, ginger and sugar, stirring, until soft. Add paste and spices; cook, stirring, until fragrant.
- 2.Add canned tomatoes, cherry tomatoes, the water, coconut milk, lentils and chickpeas to pan; bring to the boil. Reduce heat, simmer, uncovered, for 10 minutes or until mixture has thickened slightly.
- 3.Meanwhile, to make chutney yoghurt; swirl ingredients together in a small bowl.
- 4.Serve dhal topped with coriander and dollops of chutney yoghurt.

Ask about our cooking classes

Physio Update



Hello good people,

My name is Andrew Egan, Drew for short. I have been working in the care field for the last 14 years as a Personal Care Assistant / Physiotherapy Assistant. Theo, our pets for therapy dog and I assist the Physiotherapist, Warren and the Occupational Therapist, Bron, as part of the Allied Health Team. Our roles include pats and belly rubs (for Theo), assisting residents with daily care needs, massage therapy, walking program assistance, seated exercise classes as well as mattress and alarm selection / fitment.

I have found that great reward in the care industry and plan to Volunteer in my retirement.

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.

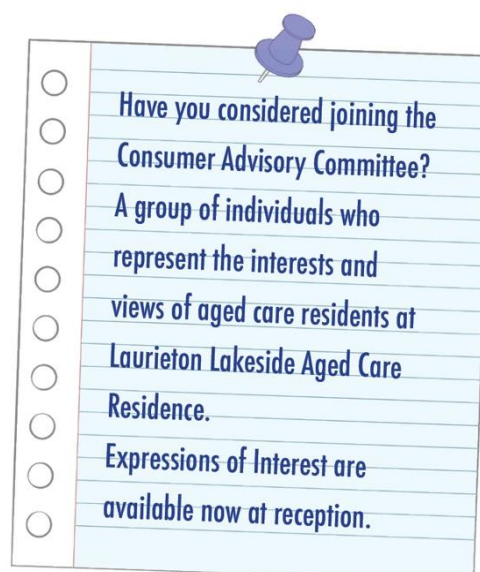
AGED CARE QUALITY AND SAFETY COMMISSION

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.

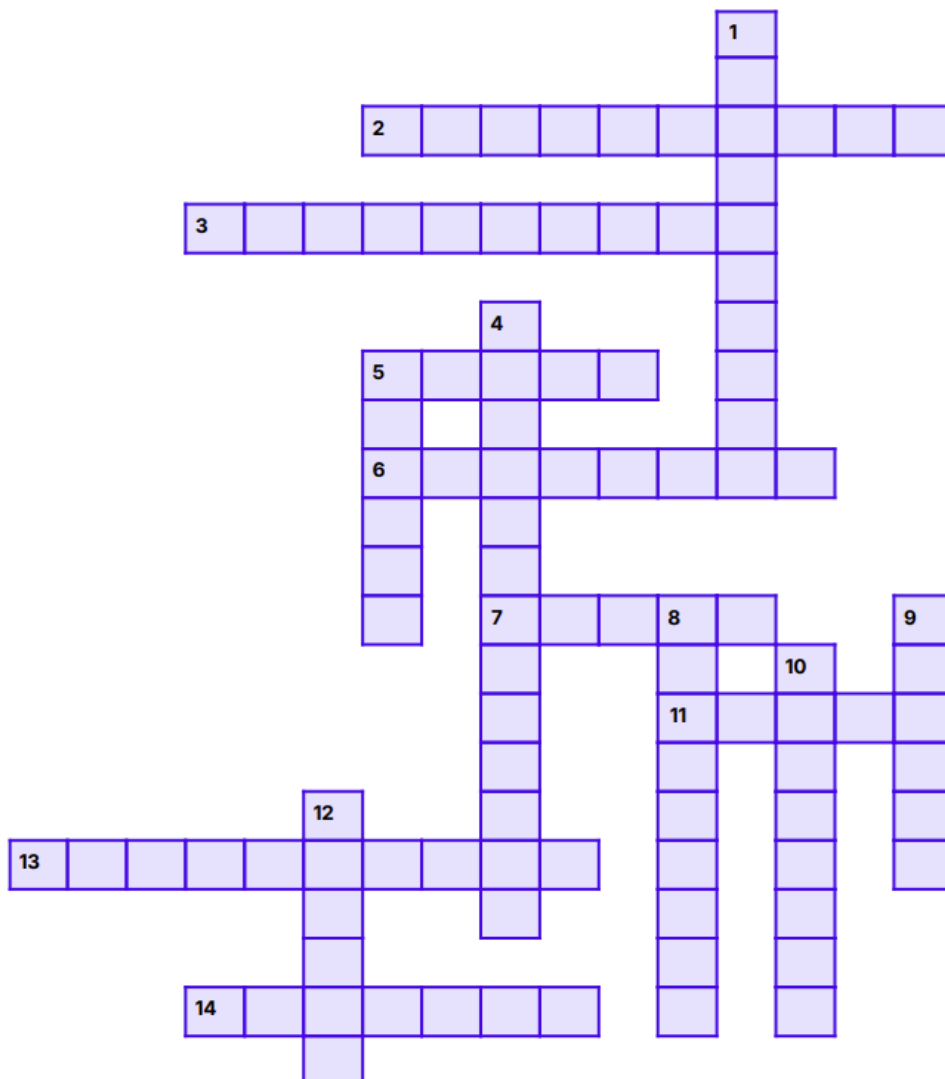


Fun Stuff to do



Crossword

AUSSIE CHOCOLATE CROSSWORD



Crossword

AUSSIE CHOCOLATE CROSSWORD



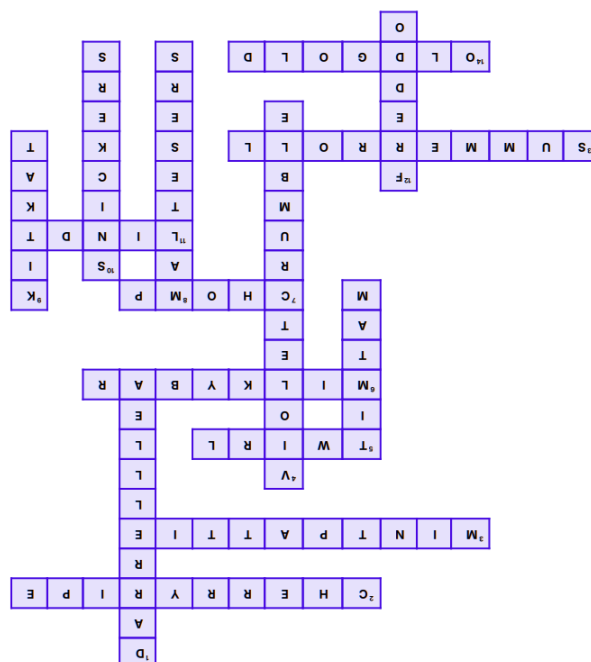
Across

2. A bright red wrapper hides this chocolate bar with coconut and cherries in the centre (10)
3. A round of dark chocolate filled with a creamy peppermint fondant (10)
5. Creamy and denser than a Flake but with an outer chocolate layer and in a twin pack (5)
6. A white chocolate bar with a cowboy kid mascot (8)
7. A caramel and wafer biscuit coated in milk chocolate branded A Monster Chew! (5)
11. These Swiss master chocolatiers make a cute bunny for Easter (5)
13. A tropical, chewy blend of lightly roasted peanuts and nougat rolled in chocolate and coconut (10)
14. Bold in every bite! (7)

Down

1. Confectionary company founded in Sydney in 1927 with soft-eating liquorice being an Aussie favourite (10)
4. The Aussie version of the Cadbury Crunchie (13)
5. An Aussie favourite alliterative chocolate biscuit (6)
8. Crisp honeycomb balls covered in milk chocolate (9)
9. Have a Break, have a _____ (6)
10. Roasted peanut nougat chocolate by Mars (8)
12. The name of a chocolate frog (6)

ANSWERS



COLOURING

