



Laurieton Lakeside
AGED CARE RESIDENCE

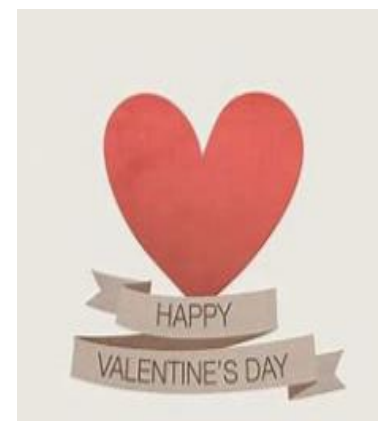
LAKE SIDE NEWSREEL

FEBRUARY 2025



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Lifestyle's team

NEWSREEL



Welcome to our February Newsreel!

Lifestyles has an exciting month planned. On Valentine's Day we are having a High Tea and a photo booth for any of our couples or even singles to get some nice photo's for the scrapbook. That afternoon we will have our usual Happy Hour that will follow on with Valentines Trivia with Brian.

Later in the month we have Craig Stewart coming back to perform his amazing music mix as he impressed our residents so much on his last visit prior to Christmas.

We will also be doing some cooking at the end of the month on Tuesday 25th February, so come along and help and then get to taste your fresh cooked baking!

Kind regards

Michelle, Olivia, Brooke, Jodi and Cameron

xxxxx

A Note from Management

Facility Manager Update

Dear Residents and Representatives,

2025 is well underway and there are many exciting projects in the pipeline at Lakeside.

Clinical Coordinator Role

We are pleased to report that we are about to appoint a new member of the Clinical Team in the form of a Clinical Coordinator. This new role is aimed at targeting specific areas of resident care, assessment and care planning. Key responsibilities include:

- Coordination of assessment, care planning and review process in collaboration with the registered staff team.
- Completing Monthly Care Statements in consultation with residents and/or person responsible – this will be a mandated responsibility for providers from July 2025.
- Support new resident admissions to ensure a smooth transition from the community into the home.
- Provision of clinical expertise and leadership within the clinical team.
- Input and oversight into Clinical Risk, Quality and Clinical Governance meetings.
- Driving quality improvement and continuous improvement at the home.
- Support our incident management system.

This position will play a pivotal role at Lakeside as we transition to the new Aged Care Standards.

New Wing Development

We have appointed a Newcastle based Architectural Design & Construction firm to oversee the development application (DA) of the new wing.

This firm is currently working with fire engineers and consultants regarding bush fire regulations. Site surveys have begun, and several consultants will be onsite in the coming weeks as we move towards a pre-DA meeting and A lodgement.

A project update will be provided in each monthly newsletter.

Nurse Call Response Times

To improve nurse call bell response times, we are installing monitors in six key locations around the facility.

These monitors will provide staff with greater visibility on which nurse calls are active in the building and How long each call has been running.

Monitors will be in each nurses' station and the offices of our clinical managers.

Improving response times to nurse call bells is a high priority in our continuous improvement plan.

We have also rewritten our nurse call policy to ensure that all staff understand Lakeside's direction in regard to nurse call bells.

See you next month.

Tim Cummins

Facility Manager





A word from Mark

A word with Chaplain Mark

Welcome to February! Shortest month of the year

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

Which month has 28 days?

Every month!

Sometimes February feels like it will last forever... But time Marches on.

Me and my childhood crush are marrying next year... Hers is in February and mine in December!

'Jesus said – "Love as I have loved you" – we cannot love too much' Amy Carmichael (missionary to India)


Church services for February:

Anglican Monday February 3

Catholic Monday February 10

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

I wrote recently an introductory item on **'Four things that matter most' taking the idea from a book by that name by Dr Ira Byock.** These things that matter most are important phrases: **'Please forgive me,' 'I forgive you,' 'Thank you,' and 'I love you.'**

This month I will comment briefly on **'Forgiveness'** – asking for forgiveness, and forgiving others.

The Bible says that all humans are imperfect (I see that as I look at myself, and in my dealings with other people), and we inflict wounds – intentional or not – on those with whom we are in relationship. Our imperfections lead us to our need for forgiveness, both giving it to people, and receiving it - from God and people.

Dr Byock is clear that "Forgiveness is not about making excuses for someone's bad behaviour, and it is not the same as forgetting that someone hurt you. The adage: 'Forgive and Forget' is ridiculous advice. To forgive someone, you do not have to forget his or her misdeeds or act as if it had never happened. Forgiving does not require forgetting... that's amnesia! Real forgiveness requires remembering."

It involves opening your heart in full awareness that you have been harmed or hurt and that you still feel it. Forgiveness is a generous act or process but at its core, forgiveness is about yourself rather than the other person being forgiven. Not Genuinely Forgiving a person will mean you likely will become bitter and twisted about it.....it will damage **you**, not the person who did you wrong. I have seen bitter people in my life, and it usually boils down them not forgiving someone.

"Forgiveness involves accepting that the past cannot be changed while recognizing that your past need not control your future." Asking for forgiveness is healing our own heart from the harm we have inflicted on others. However, we cannot control how it is accepted, or not. If you are expecting your words and expressions to be returned in kind, you are at a substantial risk of being disappointed.

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

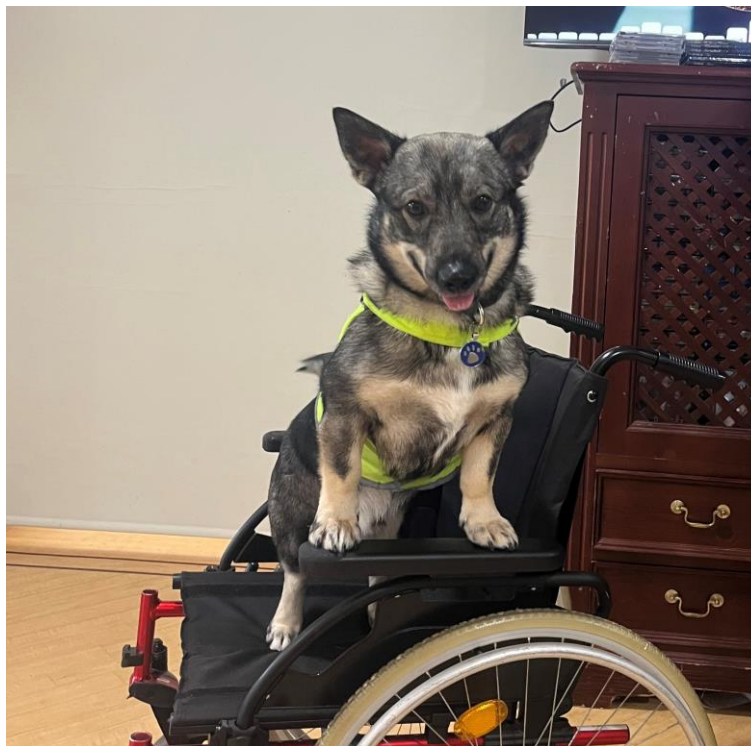
I know this is a fairly seriously toned article, and I would love to talk with you about these four things....or anything else of course.

Toodle-oo and God bless you
Chaplain Mark



Happy Snaps

Activities - Month in Review



Meet Theo!

You will no doubt have seen this lovely boy around the facility. He is brought in weekdays by Drew our Physio Assistant. Theo loves helping out in Physio Exercise classes and following Drew around the facility while he works. Please refrain from giving Theo treats as he is very well fed. He loves pats, so feel free to give him as many of those as you like.



Happy Snaps

Activities - Month in Review



Our Residents were all smiles on our recent bus outing for lunch at the Bago Tavern at Wauchope. We also enjoyed a scenic drive and a visit to Cowarra Dam and the very beautiful Lake Cathie.



Come and see Michelle or Olivia in the Activities room or mention it when we visit, if you wish to put your name down for our next outing.

Happy Snaps

Activities - Month in Review

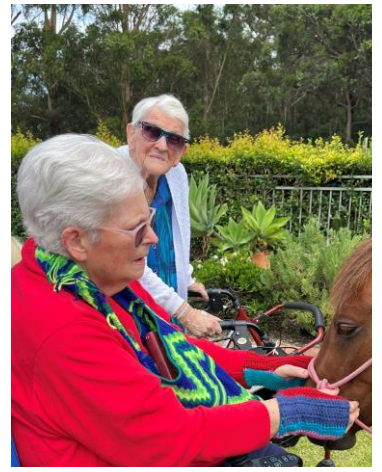
Bingo with Brian, is held every Thursday morning in the Activities room at 10:30am.

Come along for a game and you could win a prize!



Happy Snaps

Activities - Month in Review



We had some lovely four legged visitors for equine therapy in January thanks to Learn from Horses. These beautiful miniature horses were adored by our residents and put smiles on their faces.

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



We are taking a break from gardening due to the summer heat. Just a bit of watering to keep our garden growing.

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 3rd February 2025
&
Monday 17th February 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. During February 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

This month on Tuesday 18th February 2025 we are heading on a bus outing to the Sea Acres Rainforest Café for lunch as well as a scenic walk on the Sea Acres Rainforest Boardwalk.

Please register your interest in this outing 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.

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

Joke of the Month

When is a bear not a bear?

.....

When he doesn't have the right koalifications....



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



Homemade ice-cube tray 'FANTALES'

Ingredients

- 395g can sweetened condensed milk
- 100g (1/2 cup, firmly packed) brown sugar
- 100g (1/2 cup) caster sugar
- 125g salted butter
- 1/4 cup glucose syrup
- 400g milk chocolate, chopped
- 2 tsp canola oil



Step 1

Place the condensed milk, brown sugar, caster sugar, butter and glucose syrup in a saucepan over medium-high heat. Bring to the boil, stirring constantly. Reduce heat to medium and cook, at a strong boil, stirring constantly for 5-7 minutes or until the mixture is a deep caramel and pulls away from the side of the saucepan.

Step 2

Divide the caramel evenly among two 12-hole, 30ml-capacity, ice-cube trays. Place in the fridge and chill until cool. Twist the ice-cube trays gently to release the caramels. Place the caramels, base-side down, on a wire rack set over a shallow baking tray.

Step 3

Place the chocolate and oil in a microwave-safe bowl. Microwave on high for 1 minute, stirring halfway, or until the chocolate is melted and the mixture is smooth.

Step 4

Pour the chocolate mixture over the caramels to coat evenly. If the caramel pieces are not completely coated in chocolate, repeat by placing the wire rack over a second shallow baking tray and reusing the chocolate mixture that has collected in the first baking tray to pour over the caramels again.

Physio Update



Hello from Bron, Drew and Warren,

January has seen the recommencement of our Falls Prevention Classes and Drew's Physio classes. We are not up to full strength as Warren has been on leave, but things will be full steam ahead in February. The Queen's Lake walk on Wednesdays has changed to 10.30 am to try and miss the worst of the afternoon heat, but our Falls Prevention class is finished by 10.30am so please keep coming along. We are also always open to suggestions, so if you have any ideas, previous exercise experience, specific interest in certain exercises, please don't hesitate to come and have a chat.

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.

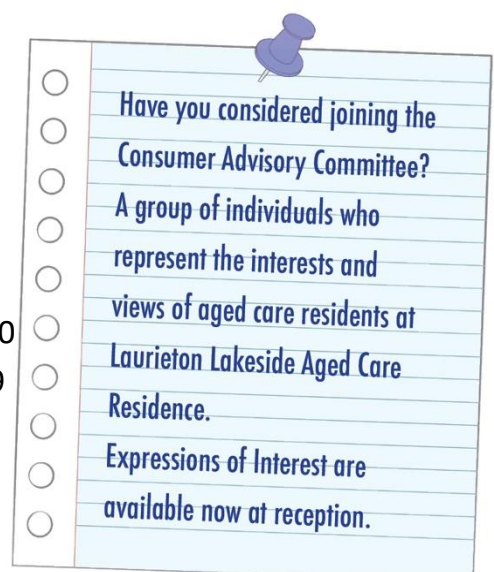
AGED CARE QUALITY AND SAFETY COMMISSION

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.



- 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



SHORT JOKES & ONE-LINERS

A Texan farmer goes to Australia for a vacation.

There he meets an Aussie farmer and gets talking. The Aussie shows off his big wheat field and the Texan says, "Oh! We have wheat fields that are at least twice as large".

Then the Aussie shows off his herd of cattle. The Texan immediately says, " We have longhorns that are at least twice as large as your cows".

The conversation has, meanwhile, almost died when the Texan sees a herd of kangaroos hopping through the field. He asked, "And what are those"?

The Aussie replies with an incredulous look, "Don't you have any grasshoppers in Texas?"

Sheila walked into the kitchen to find Bruce stalking around with a fly swatter.

"What are you doing?" She asks.

"Hunting Flies" He responds.

"Oh. Killing any?" She asks.

"Yep, 3 males, 2 Females," he replies.

Intrigued, she asks: "How can you tell them apart?"

"3 were on a beer can, 2 were on the phone."

Word Search

AUSSIE SLANG



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

Bloke

Mate

Bugged

Sunnies

Brekkie

Arvo

Ripper

Sheila

Hoon

Maccas

Barbie

Thongs

Bludger

Sanga

Bogan

Chockers

Yonks

Smoko

Doona

Servo