



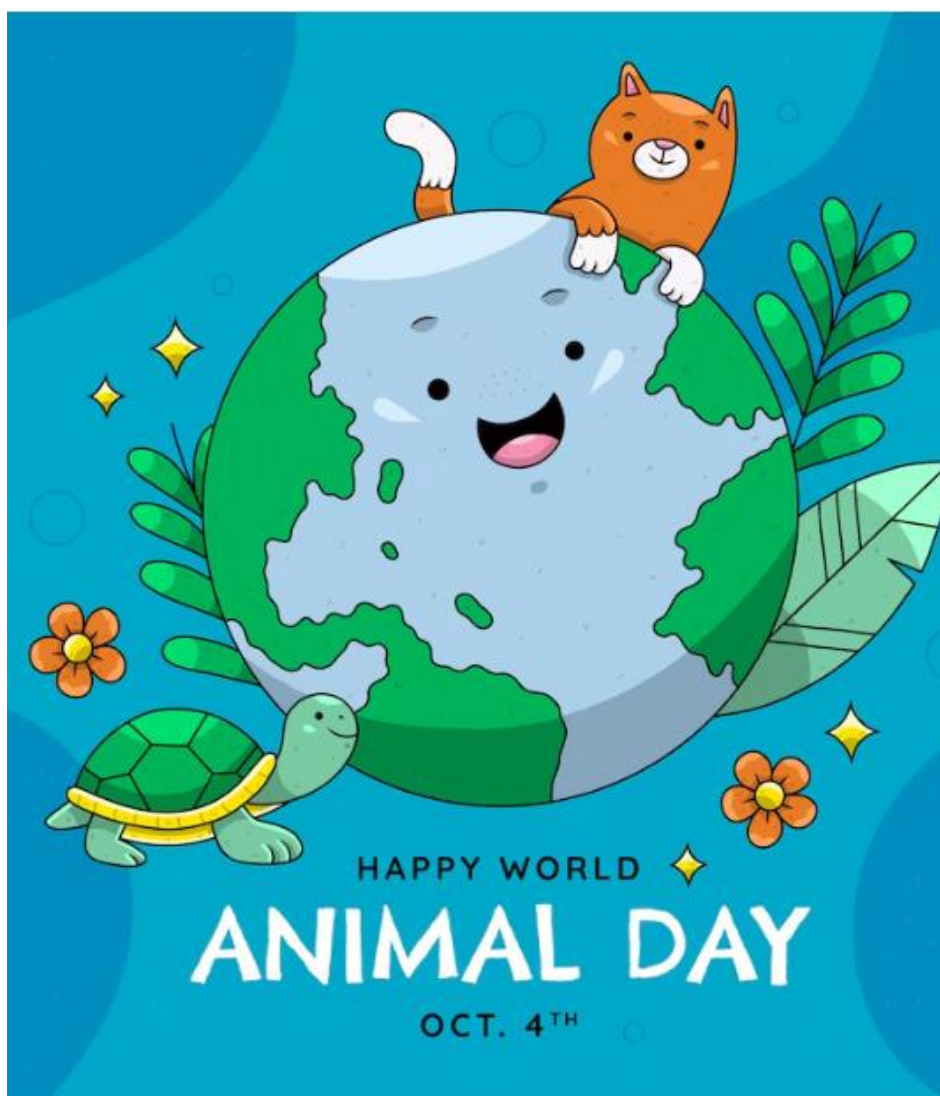
Laurieton Lakeside
AGED CARE RESIDENCE

LAKE SIDE NEWSREEL



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October 2026



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Lifestyle Team Welcome

Hello Residents, Families and Friends!

Welcome to October's edition of our newsletter. October celebrates many things that enrich our lives - music, animals, libraries and curiosity. International Music Day reminds us how a favourite melody can lift our spirits and bring treasured memories to life, while World Animal Day celebrates the animals that bring companionship, fascination and joy to our world.

It's also a wonderful month to appreciate libraries, where books open doors to discovery and new ideas. Curious Events Day encourages us to explore the unusual and keep asking, "I wonder why?"

May October bring you good music, enjoyable stories, happy memories and plenty of reasons to stay curious.

With warm regards,

Michelle, Olivia, Jodi, Cam & Angela.

October Trivia

October was the eighth month in the Roman calendar, named from the Latin word "octo," meaning eight. Later, January and February were added, moving October to the tenth month.

Zodiac signs: **Libra & Scorpio**
Birthstone: **Opal & Tourmaline**
Flower: **Calendula**

Quote of the Day

*The important thing is
not to stop questioning.
Curiosity has its own
reason for existing.*

~ Albert Einstein

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,

Construction Update

We are pleased to report that the weather has been kind to the construction crew lately and building works are around 2 weeks ahead of schedule.

Since last month's report, the following project items have been completed:

- Installation of screw piles across the entire site. Screw piles are a deep foundation system that acts as a giant screw, transferring a structure's load deep into the earth. Screw piles are a specialised type of steel piling system that delivers a stable and predictable anchor point for various structures.
- Slab 1 plumbing works – underground plumbing works finalised. This part of the site is now being prepared for the concrete slab.
- Slab 2 plumbing works – underground plumbing works close to completion.
- Trees encroaching on the new building envelope have been pruned by a local arborist to improve safety over the site.

Once the slab preparation works have been finalised, the plumbing crew will be moving on to the site's stormwater requirements in preparation for the new carpark development.

Photos of the construction project have been included in this newsletter and will be provided in subsequent monthly newsletters.

Welcome to our new Clinical Manager

We are pleased to announce that Cindi Farkas has come onboard as our new Clinical Manager overseeing North and South Wings. Cindi brings a wealth of clinical and management experience and has wasted no time getting to know residents, staff and representatives. Cindi's office is located near reception, and her current focus is getting to know residents and supporting the clinical and personal care teams.

Visitor Entry & Exit Point

A friendly reminder that all visitors are required to enter and exit the building via the reception area. Side gates are coded and reserved for Lakeside staff and contractors. We thank representatives and visitors for helping us maintain a safe and secure boundary perimeter.

See you next month.

Tim Cummins

Facility Manager

New Wing Construction Site Images



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

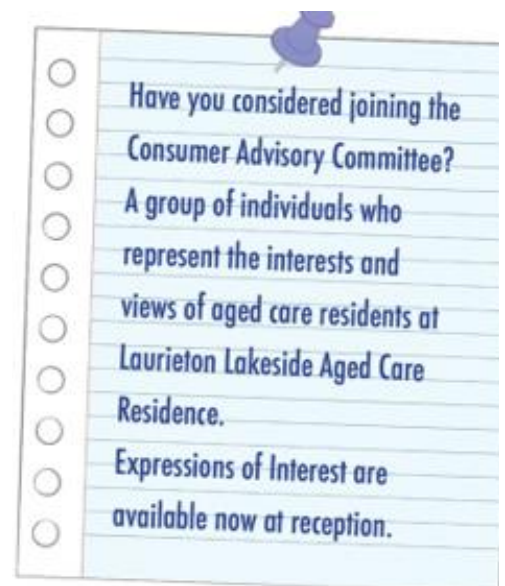
Feedback, Complaint, Compliment and suggestion forms are available in the foyer and at the nurses' stations. If you are not happy with the outcome of your complaint or you would like to take it further.

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.



Activity Spotlight – Choir



Choir with Kay, Ann and Ros

Once a month we are fortunate to have a visit from Kay, Ann and Ros for our choir group. This is a great opportunity for our residents to enjoy singing songs or listening to them. Everyone leaves with a big smile on their face.



A word with Chaplain Mark

October....can you believe it! The footy is pretty much over...as they say, winners are gridders and losers can please themselves. My teams were not good this year, but times like that remind me 'it is just a game'.

Some important things in October...One for me, and many others I know...October 1st is International Day of Older Persons and also very importantly - International Coffee Day; Grandparents Day is the 27th; and October is Mental Health Month.

A bit of fun and wisdom.....

What runs around the yard but doesn't move.....The fence.

What starts and ends with "E" and has a letter in it?.....Envelope.

What gets more wet the more it dries?.....A towel!

Why did the tomato sauce blush at the table.....It saw the salad dressing.

A math teacher had four apples in one hand and five in the other..... What did she have altogether?.....Two big hands.

Give to us clear vision that we may know where to stand and what to stand for - because unless we stand for something, we shall fall for anything. Peter Marshall

When trouble comes, focus on God's ability to care for you. Charles Stanley

Within the covers of the Bible are the answers for all the problems men face. Ronald Reagan

CHURCH SERVICES for October

ANGLICAN **No Service due to public holiday**

CATHOLIC **Monday October 12**

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

First of two articles on music - adapted from

<https://www.finleyregionalcare.com.au/the-importance-of-music-in-aged-care/>

... "Music is one of life's most important survival tools. It nourishes us, it gives us hope, helps us heal, and gives us the strength to keep going even in the toughest of times." (Musicians Unite)

Here at Lakeside we value music – we have musical entertainers, a music therapist fortnightly, home grown music, and lots of opportunities for residents to participate in a wide variety of musical activities.

Music is a powerful aspect of our lives. Hearing a sad song can instantly cause your mood to shift; hearing an upbeat tune can energise and uplift you. Many of us experience a deep connection to music, and interact with music on a regular basis. But for older people, music can become even more important. When you consider the pervasiveness of social isolation, loneliness and depression that many older Australians experience, it becomes clear that music can have an extremely important role to play in promoting wellbeing.

Music was the main source of entertainment for people born before the 1950s (pre-TV). For many older Australians, music played a huge part in their lives for a very long time, and continues to do so.

Here are some of the ways music can benefit older people, and how it can be used as a form of therapy to improve their wellbeing.

Music for the mind . Benefits include: Stress and anxiety relief, improved memory, Increased motivation, Decreased pain, heightened positive emotions, Improved sleep quality, Better mental alertness/mood.

Music could be considered medicine for your mind. Musical interaction and music therapy can relieve boredom in older people, promote social interaction and calm nervousness and anxiety. And playing music can keep your brain engaged and active, leading to further cognitive benefits.

Music for the body..... Benefits include: Help motivation to move and stay active, Help improve immune function and fight disease, Lower stress hormone levels, Decrease protein levels in the blood associated with diabetes, heart problems and higher rates of mortality, Reduce tension and pain, Reduce blood pressure.

Simply singing along to a song can encourage faster breathing, elevate the heart rate and stimulate the brain. Even for those not particularly mobile, tapping along to the beat can burn some calories and be extremely enjoyable. Music can also increase the motivation to exercise and stay mobile.

Next month – Music for the soul; in sickness and health; in aged care.

Of course, love to have a chat with you about this, or anything else.

Toodle-oo and God bless you

Chaplain Mark

What We've Been Up To Lately



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During September our residents were invited to St Joseph's Primary School, Laurieton for a visit.
We took a group of residents along to their 2026 Creative Arts Showcase titled – Hits, Heros and Happily Ever Afters.



Upcoming Events

Poetry with Bill

Wednesday 7th October, 10:30am, Activities Room

Seniors Rights Service Seminar

Monday 19th October, 11:00 am, Activities Room

Concert with Steve

Tuesday 20th October, 12:00pm, Activities Room

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

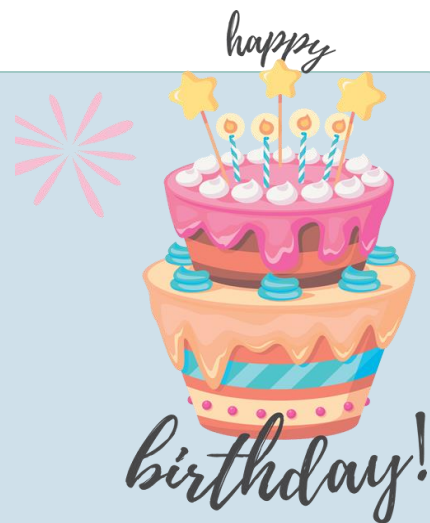
- 1st Day of Older Persons
- 1st Intl. Music Day
- 1st Intl. Coffee Day
- 1st Library Month
- 2nd World Smile Day
- 4th World Space Week
- 4th World Animal Day
- 5th World Teachers Day
- 9th Curious Events Day
- 12th Columbus Day
- 12th Thanksgiving (Canada)
- 12th Indigenous Peoples' Day
- 25th Pablo Picasso's Birthday
- 25th Grandparents Day
- 31st Halloween

October Birthdays

In October, we celebrate birthdays with:

- Christine M
- Gunnell B
- John H

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



😊 World Smile Day

- Elephants can recognise themselves in a mirror.
- Octopuses have three hearts and blue blood.
- Giraffes have the same number of neck bones as humans - seven!
- Dolphins use unique whistles to identify one another.
- Owls can turn their heads up to 270 degrees.
- A group of hedgehogs is called an array.
- Goats have rectangular pupils, giving them a wide field of vision.

Libra (Oct 23 - Oct 22)

Librans are often considered the nicest and most charming personality in the world!

Scorpio (Nov 23 – Nov 22)

Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

October Spotlight: The Phonograph

In October 1877, Thomas Edison invented the phonograph, one of the first machines able to record and play back sound. This remarkable invention helped pave the way for records, tapes, CDs and the digital music we enjoy today. Music may have changed how we listen, but its wonderful ability to bring back memories remains the same.

WOW!

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Betty W**
- **Gwen C**

We hope that you enjoy your time here!

LOST PROPERTY

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

IN MEMORIAM

To the families and friends of our late residents, may you be comforted by the knowledge that your loved ones are resting in peace.

- **Toni**

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!

THANK YOU

We would like to issue 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.

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



NEW STAFF

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

We hope that you enjoy your time here!

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 19th October 2026

Monday 26th October 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 Husband's Friend

The doorbell rings, and a woman just out of the shower answers wearing only a towel. Her husband's friend Bob is at the door.

He says "I'll give you \$500 to drop that towel right now".

She thinks about it, then drops the towel. Bob hands her \$500.

Later that day her husband says "Hey, did Bob come by today?"

She nervously replies "Yes....?"

Her husband says "Did he give you the \$500 he owes me?"

The Sports Teacher

A woman got a job as a sports teacher for a group of 16 year old boys.

She notices a boy at the end of the field standing alone, while all the other kids are running around having fun kicking a ball.

She takes pity on him and decides to speak to him.

'You ok?' she says.

'Yes.' he says.

You can go and play with the other kids you know' she says.

'No, it's probably best I stay here.' he says.

'Why's that honey?' she asks.

The boy looks at her incredulously and says,

"Because I'm the Goalie!"

One Liners

What do you call a pony with a cough? A little horse.

What is a cat's favorite dessert? A bowl full of mice-cream.

Why did the teddy bear say no to dessert? Because she was stuffed.



Word Search

UNUSUAL CREATURES



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

Pangolin
Blobfish
Numbat
Quokka
Axolotl

Komodo Dragon
Natterjack
Manatee
Thorny Devil
Anglerfish

Marmoset
Tapir
Lemur
Lemming
Narwhal

Ocelot
Armadillo
Kakapo
Sea Angel
Caiman