



Laurieton Lakeside
AGED CARE RESIDENCE

LAKE SIDE NEWSREEL

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July 2026



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Lifestyle Team Welcome

Hello Residents, Families and Friends!

We would like to wish a warm welcome to our new residents and families.

July has brought the cold chilly weather, if you are feeling the cold please let us know, we have a wide range of brightly knitted blankets, gloves and beanies. They have all been donated by our generous Community.

Across the ocean, Bastille Day on July 14 commemorates an important moment in French history. July also includes cheerful observances such as International Joke Day and World Chocolate Day, offering plenty of reasons to smile and enjoy simple pleasures.

As the month continues, International Day of Friendship reminds us of the value of companionship and kindness. Whether sharing stories with family or reconnecting with old friends, July is a wonderful time to celebrate the people who brighten our lives.

With warm wishes and joyful reflections,

Michelle, Olivia Cam, Angela & Jodi.

July Trivia

July was named by the Roman Senate in honor of the Roman general, Julius Caesar, it being the month of his birth. Prior to that, it was called Quintilis.

Zodiac signs: **Cancer & Leo**
Birthstone: **Rubies**
Flower: **Water Lily**

Quote of the Day

Friendship is the golden thread that ties the heart of all the world together.

– John Evelyn

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

Facility Manager Update

Dear Residents and Resident Representatives,

Staff Farewells

We recently said farewell to our Deputy Director of Nursing, Lisa Archer, and Registered Nurse, Patrick Boscheinen. Lisa has moved on to a Clinical Manager role at a Port Macquarie aged care home and Patrick will be continuing his career in community care. We thank Lisa and Patrick for their years of service to Laurieton Lakeside and wish them all the best for the future. Both were excellent contributors to Laurieton Lakeside and will be missed by staff and residents alike.

Men's Group

A friendly reminder that our men's group runs every Friday at 9:30am in the activities room. Activities include quoits, archery and sandbag throwing. It has been amazing to see the competitive spirit of participants and accuracy of those in attendance. Quoits have become the favourite activity at men's group with one resident landing a perfect 17 quoits in a row. Incredible to see resident muscle memory on display!

Resident Advisory Committee

Our next committee meeting will be held in the second week of July. The Committee meets once a month to discuss issues that are important to residents. If you are interested in attending the next meeting, please speak with Michelle in Lifestyles or our reception team.

Change to Reception

Maria McCarthy (our weekend receptionist) has agreed to take on the Friday and Monday reception role. Maria now works a Friday to Monday roster. Tracey Ashe will continue as our receptionist on Tuesday to Thursday.

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

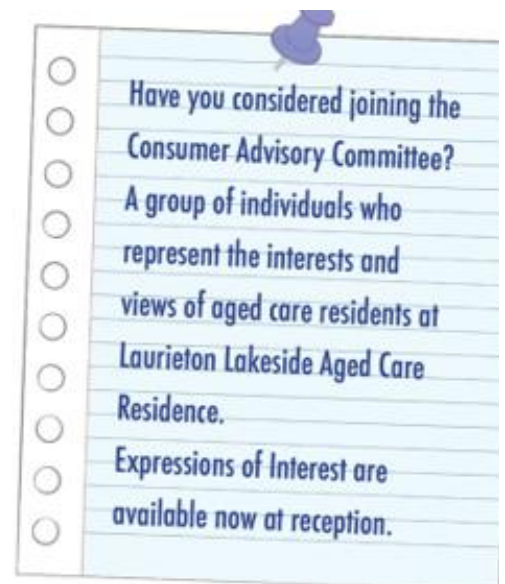
Feedback, Complaint, Compliment and suggestion forms are available in the foyer and at the nurses' stations. If you are not happy with the outcome of your complaint or you would like to take it further.

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

Welcome to July. It seems there are some very special days this month: 7th - International Chocolate Day; 14th - Bastille Day; 21st - Lamington Day, 24th – **International Self Care Day**....keep that one in mind – very important for all of us....and please encourage others in your life to care for themselves.

A bit of fun stuff and wisdom

Wrinkled Was Not One of the Things I Wanted to Be When I Grew up.

I got fired from my job at the bank today. An old lady came in and asked me to check her balance, so I pushed her over.

The easiest way to burn 1000 calories? Leave the pizza in the oven.

A nurse told me, "Sorry for the wait!" I replied, "It's alright, I'm patient."

I'm terrified of elevators, so I'm going to start taking steps to avoid them.

'I'd rather regret the things I've done than regret the things I haven't done.' Lucille Ball

'Yesterday is history, tomorrow is a mystery, today is God's gift, that's why we call it the present.' Joan Rivers

'As you walk down the fairway of life you must smell the roses, for you only get to play one round.' Ben Hogan

"Worry does not empty tomorrow of its sorrow, it empties today of its strength." Corrie ten Boom

"Remember this, had any other condition been better for you than the one in which you are, divine love would have put you there." – Charles Spurgeon

CHURCH SERVICES for July

ANGLICAN **Monday July 6**

CATHOLIC **Monday July 13**

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 of those in later life, or nearing end of life – part 2.

Last month I wrote about regrets...information that I had found in books and articles. So, this month I will share a few more **regrets of older people, of people approaching end of life**. Perhaps we can learn from these and not be caught with the same regrets...and even maybe make some changes now or set some things right.

People often wish they had worried less and been happier and enjoyed life more.

Many regret time they wasted **worrying** about things beyond their control. They realise too late they could have chosen some fun and happiness instead of worrying – often about things that would never happen. How about committing to start spending at least a few minutes every day doing something that you love and that brings you joy.....and worry less!!

Many wish they had done more for others. Lots of people say they dreamed of making a difference through kindness, compassion, and acts of service. Many people made the decision – oftentimes right from their hospice beds—to donate their money to charities and service organizations so they could positively affect the lives of others after they were gone. Pick a cause that is special to you and consider donating a bit of your time or money to help someone in need.

Kind of along the same lines – many people say they never enjoyed their work but kept going to pay the bills. If **YOU** are able, why not consider pursuing a job/career/interest that is in line with your purpose or passion, something that you will be excited about, and will be fulfilling.

A common regret was that people felt they spent way too much time focusing on being a people pleaser, realising they should have made decisions to say and do what they knew was right and true. I can relate to this one – maybe you can too? If so, it is time to change.

Another regret is that people say they should not have put off things for so long.– It is important to not procrastinate – get those things done that are truly important – don't keep putting them off.

Many, including me, wish they'd listened more and spoken less.

People wish they had stayed more in touch with friends. Maybe act on this one now – make that phone call, send an email...no excuses!

Many people wish they had been more aware of the world around them. People now are glued to screens – take a breather – look around at this still beautiful world, enjoy it, smell the roses so to speak.

Toodle-oo and God bless you

Chaplain Mark

Activity Spotlight — State of Origin



Activity Spotlight – Wauchope Outing



Activity Spotlight – Ladie's Group



Following on after the Men's Games on a Friday morning is Lakeside's Ladie's Group. Each week there is a variety of craft activities for our ladies (or even our men if they are keen) to participate in.

Some of these creations are then put up to help decorate for the monthly themes. In May we worked on creating some decorations for June's King's Birthday.

There is a lot of socialising between the ladies, new friendships being built as well as lots of satisfaction when viewing their completed works on display.



What We've Been Up To Lately



What We've Been Up To Lately



What We've Been Up To Lately



What We've Been Up To Lately



Colouring In



Allied Health & Physio Update

 **Hi from Physio and Allied Health - Age Is Just a Number: Stay Moving, Stay Happy!**

Hello Friends!

This month, we are following on from last month theme of the benefits of exercising. Staying active isn't about running marathons; it is about keeping our independence, boosting our energy, and feeling our absolute best.

Take a look at our quick "Move It or Lose It" quiz below to see how much you know about staying flexible and strong. Remember, every little bit of movement counts!

The "Move It or Lose It" Trivia Quiz

1. Which type of exercise is best for keeping your bones strong and preventing falls?

- A) Swimming
- B) Weight-bearing and balance exercises (like walking or gentle tai chi)
- C) Watching sports on TV

2. How long should older adults aim to be physically active each day?

- A) 10 minutes
- B) 30 minutes
- C) You only need to exercise once a month

3. What is the main benefit of stretching and flexibility exercises?

- A) Helping you touch your toes to win a bet
- B) Keeping joints lubricated and making daily tasks (like reaching for a cup) easier
- C) Making your muscles look like a bodybuilder's

4. True or False: It is dangerous for older adults to start exercising if they haven't done it in years.

- A) True (it's never safe)
- B) False (gentle, doctor-approved activity is always beneficial)

5. Which of these is a fantastic, low-impact exercise you can do while sitting in a chair?

- A) Marathon running
- B) Ankle pumps and seated leg extensions
- C) Heavy weightlifting

Allied Health & Physio Update

3 Easy Seated Exercises To Try In Your Room

Give these simple movements a try while sitting comfortably in a sturdy chair:

- **The Ankle Alphabet:** Lift your foot slightly. Trace the letters of the alphabet in the air with your big toe. This builds ankle strength and flexibility.
- **Seated Leg Extensions:** Straighten one leg out in front of you. Hold it for 3 seconds, then slowly lower it. Repeat 5 times on each side to strengthen your knees and thighs.
- **The Shoulder Roll:** Gently roll your shoulders up to your ears, then backward and down. Repeat this circular motion 5 times to relieve neck and back tension.

Remember...

Listen to your body. Only do what feels safe and comfortable for you today. If you ever feel dizzy or sore, please stop and rest immediately. Let's keep moving together!

Answer Key

- 1. B – Weight-bearing and balance exercises help build bone density and improve stability.
- 2. B – Aiming for about 30 minutes of moderate activity most days (which can be broken up into 10-minute chunks) is ideal for heart and joint health.
- 3. B – Flexibility keeps you moving smoothly and reduces stiffness.
- 4. B – It is never too late to start! Always check with a doctor first and start with gentle, supervised movements.
- 5. B – Seated exercises are a wonderful, safe way to boost circulation and leg strength.

Cheers from Bron, Warren, Drew and Theo



Upcoming Events

Birthday Party with Roy

Tuesday 14th July, 10:30 am, Activities Room

Poetry with Bill

Wednesday 8th June 10:30am, Activities Room

Christmas in July with Kathryn “Big Sing”

Tuesday 21st July, 10:30am, Activities Room

BBQ for South Residents

Tuesday 28th July, 11:00am,

Chainsaw Lindsay Concert

Monday 27th July, 10:30am

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

- | | |
|------------------|---------------------------|
| 1 st | Canada Day |
| 1 st | International Joke Day |
| 4 th | Fourth of July |
| 4 th | Alice in Wonderland Day |
| 7 th | World Chocolate Day |
| 13 th | Internatoinal Rock Day |
| 14 th | Bastille Day (France) |
| 19 th | Ice Cream Day |
| 23 rd | Commonwealth Games |
| 24 th | Cowboy Day |
| 25 th | Christmas in July (S.Hem) |
| 30 th | Friendship Day |

July Birthdays

*In July, we
celebrate
birthdays
with:*

- Jack
- Wilma
- Eileen
- Margaret M
- Donald H
- Daphne
- Betty L
- Marjorie



Cancer (June 21 – July 22)

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

Leo (July 23 – August 22)

Leos are natural born leaders. They are able to achieve anything they commit to.

The Art of Chocolate Making

In honour of World Chocolate Day on July 7, this month we celebrate the long and delicious history of chocolate making. Chocolate begins with cocoa beans, which are carefully harvested, roasted, and blended to create the sweet treat enjoyed around the world today.

For centuries, chocolate has been shared during celebrations, given as thoughtful gifts, and enjoyed as a comforting indulgence. From rich chocolate cakes to simple chocolate bars, this beloved treat continues to bring joy to people of all ages and remains one of life's sweetest pleasures.

WOW!

Month Spotlight: The First Moon Landing

In July 1969, the world watched in amazement as humans first landed on the Moon during the Apollo 11 Moon Landing. Astronauts Neil Armstrong and Buzz Aldrin became the first people to walk on the lunar surface, marking one of history's greatest achievements.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- **Frances**
- **Neville**

We hope that you enjoy your time here!

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.

NEW STAFF

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

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.

- **Kenneth**

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.

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.

Noticeboard



LIFESTYLE - BOCCE

This month we have a team of keen Bocce players having a game against Emmaus on Wednesday 1st July 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 20th July 2026

Monday 27th July 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.

A Time to Talk

By Robert Frost

When a friend calls to me from the road
And slows his horse to a meaning walk,
I don't stand still and look around
On all the hills I haven't hoed,
And shout from where I am, "What is it?"
No, not as there is a time to talk.

I thrust my hoe in the mellow ground,
Blade-end up and five feet tall,
And plod: I go up to the stone wall
For a friendly visit.

Laughing Matters



Trust Him

On the Sunday before Christmas the Rev Billy Graham was walking down Highland Street in North Carolina on his way to see a parishioner.

He wanted to post a parcel urgently, so he asked a young boy where he could find the Post Office. After the boy had directed him, Rev. Graham thanked him and said, "If you come up to the Church this evening you can hear me telling everyone how to get to heaven."

The boy replied - "I think I'll give your sermon a miss. If you don't even know your way to the Post Office, how will you lead me to heaven?"

The Poacher

A Game Warden is walking along a beach one morning when he spots a man with a bucket of lobsters.

The Warden walks up to the man, flashes his badge and says, "You're in big trouble, buddy. Poaching lobsters is a serious offence."

The man answers, "You've got it all wrong, these lobsters are my pets! Every morning I take them out for some exercise. I let them swim around in the ocean for a few minutes and then whistle them back in."

The Warden looks at the man skeptically and says, "Okay then, prove it."

The man proceeds to throw the lobsters into the ocean and both he and the Warden stand there waiting. After a couple of minutes the Warden looks at the man and says, "That's long enough, now whistle your lobsters back in."

The man turns to the Warden and says "Lobsters? What lobsters?"

Short Jokes

What did the cat say when the mouse got away? *You've got to be kitten me!*

Who did the ghost invite to the party? *Any old friend he could dig up!*

Word Search

CHOCOLATE



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

Fudge
Chocolate
Ganache
Mocha
Sweet

Fondue
Cocoa
Sauce
Powder
Frosting

Icing
Dark
Truffle
Mousse
Brownies

Cake
Fondant
Milk
Sugar
White