



Laurieton Lakeside
AGED CARE RESIDENCE

LAKE SIDE NEWSREEL

August 2025



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**Aged Care
Employee Day**
Thanks for caring



7 August 2025

#ThanksforCaring

Lifestyle's team

NEWSREEL



Welcome to our
August Newsreel!

Aged Care Employee Day, held annually on 7 August, celebrates the thousands of dedicated workers, supporting millions of older Australians in aged care, retirement living and seniors housing. From leaders to those providing hands-on compassionate care or working behind the scenes – volunteers, cleaners, chefs, cooks, maintenance workers, gardeners and administrators – this day is all about saying **#ThanksforCaring**.

Don't miss our usual entertainment activities such as our Birthday Party with Roy, Singalong with Sheila and Poetry with Bill.

We have also have our Father's Day raffle coming up at the end of this month. Tickets are 1 x ticket for \$2 or 3 tickets for \$5.

Kind regards
Michelle, Olivia, Jodi, Cam & Mel
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 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.

A Note from Management

Facility Manager Update

Dear Residents and Representatives,

New Accreditation Standards

Last month we looked at Standard 4 – The Environment.
This month, we explore Standard 5 – Clinical Care.

Standard 5: Clinical Care

Resident Statement: I get the right clinical care for me

Worker Statement: I understand the clinical needs of the person I am caring for.



Standard Outline

Strengthened Quality Standard 5 explains how good clinical care improves an older person's quality of life, independence, confidence and their feeling of purpose in daily life. Workers need to understand the importance of person-centred quality clinical care. It takes a range of clinical disciplines and a skilled workforce to deliver up-to-date, evidence-based care.

Standard 5 focusses on: allied health engagement, comprehensive care planning, a robust digital IT (computer) system, appropriate and safe use of medicines, using an effective clinical governance framework, increasing dignity with palliative care and end-of-life care, reducing clinical risks, care for oral health, processes to improve mental health for people receiving care and many other key areas.

As you can see, Standard 5 is significant and is core component of our continuous improvement program.



A Note from Management

Food and Dining Program Review

The Australian Government is currently offering aged care homes the opportunity to bring in a contracted dietician to review all components of the food and dining experience onsite. In late July, a registered dietician attended Lakeside and conducted a two-day audit. The audit reviewed many areas of our food and dining program including menus, dining room atmosphere and service, tea trolley rounds, meal tasting, policy and process reviews, staff training, weight loss, kitchen layout and kitchen dynamics. We are expecting to receive the audit results in August and look forward to considering the recommendations as part of our Food and Dining Experience improvement program. Results will be discussed with residents and representatives as part of our monthly Food Focus Committee meetings.

Emergency Coordinator Board

Staff, residents and visitors can now see the names of our nominated Emergency Coordinators in the unlikely event of an emergency at Laurieton Lakeside. The board is located beside the staff clock-on section of the corridor in west wing – just outside the reception window.

See you next month.

Tim Cummins



A word from Mark

A word with Chaplain Mark

August – the last month of winter, and we are nearly finished the regular footy season – next month will be finals. And for those who have not been hanging on the footy results, we have had Wimbledon, Cricket in the West Indies, golfmore and more sport. Sometimes feels to me like that all Australia is interested in, is SPORT.

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

What do you call two idiots who get stuck in the snow?....**Numb and Numb-er**

Which one is faster, heat or cold? **Heat. You can catch a cold.**

What do you call a polar bear in the Simpson Desert?....**Lost.**

Why do polar bears swim in salt water? **Because pepper makes them sneeze.**

"While I relish our warm months, winter forms our character and brings out our best." – Tim Allen

"People don't notice whether it's winter or summer when they're happy." – Anton Chekhov

"While the earth remains, Seedtime and harvest, Cold and heat, Winter and summer, and day and night shall not cease." Bible – Genesis 8:22

Church services for AUGUST:

Anglican Monday August 4

Catholic Monday August 11

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

Try a Little Kindness!

I was watching a movie starring Morgan Freeman recently called 'Evan Almighty'. Freeman's character appears to guide Evan, to build an ark, as part of a divine plan. It is quite interesting, and I found it very funny.

One focus of the movie was the difference that Random Acts of Kindness (RAOK) can make to people. I was reminded of a song by Glen Campbell called 'Try a Little Kindness' – some of the words of that song are great advice 'the kindness that you show every day will help someone along their way', and 'try a little kindness; show a little kindness'.

Back to the movie – the idea expressed was to change the world, you do it with **one act of random kindness at a time**. While I believe there is more to changing the world than that, doing that will contribute to making the world a better place....and that includes our world at Lakeside, or whatever your world consists of....the same principle can make a difference.

What are some examples of random acts of kindness? A few very simple things I thought of: *A genuine smile to someone can lift their day; *saying a genuine 'thank you'; *an offer to help; *holding the door open for someone; *giving a genuine compliment to someone – eg. nice shirt, hair looks good, etc; *just listening to someone who is feeling down or overwhelmed; *saying words of encouragement to someone having a hard time; *writing a little thank you note for caregivers; *a note/letter to an old friend or family member. The list goes on...but if we '**think kindness**', opportunities will come up.

Maybe just think about what people say or do that makes **you** feel good – and try doing the same toward those around you.

A couple of interesting Bible verses that relate to kindness:

[Proverbs 11:17](#)- A man who is **kind** benefits himself, but a cruel man hurts himself.

[1 Corinthians 13:4-7](#)- Love is patient and **kind**; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.

That's a lot, but I will leave you with Glen Campbell's words...'**TRY A LITTLE KINDNESS, HELP SOMEONE ALONG THEIR WAY**'. I will try to do the same.

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

Chaplain Mark

Happy Snaps

Activities - Month in Review



Happy Snaps

Activities - Month in Review



Happy Snaps

Activities - Month in Review



Stuart from Reptile Solutions came in and put on an amazing display, showing us some lizards, turtles, snakes and even a crocodile! Some of our residents overcame their fear of snakes and were brave enough to touch them.



Ice Cream Trolley

Every Tuesday afternoon our lifestyle ladies Michelle and Olivia get dressed up and serve Ice Creams to all our residents. Listen out for the "Ice Cream Truck" music and you will know they are on their way to you!



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 and we can see a few tomatoes growing that we hope will ripen up soon.

If you feel like a spot of gardening on a sunny day, feel free to drop into activities as we have gardening tools if you need any.

Next Scheduled Podiatrist Visit

Monday 4th August 2025

Monday 11th August 2025

Monday 18th August 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 month 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 have a SPECIAL BUS OUTING this month in AUGUST! On Tuesday 19th August 2025 we are heading to Kendall Services Club for lunch and a browse of Kendall Op Shop. Let us know if you are interested as these trips book out fast!

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.

Joke of the Month

Have you heard the joke about
yoga?
Nevermind its a bit of a stretch.

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



Basic crepes recipe

Ingredients

- 1 cup (150g) plain flour
- 1 tsp caster sugar
- 240ml milk
- 2 eggs
- Melted butter, to grease



Method

Step 1

Place flour, sugar, milk and eggs in a food processor or blender with a pinch of salt.

Step 2

Blend until smooth, then strain into a jug. Cover and set aside to rest for 30 minutes at room temperature.

Step 3

Dip a piece of paper towel in butter and use to brush base of a 16cm non-stick crepe pan or frypan over medium heat. When hot, pour in just enough batter to cover the base. Tilt pan so batter covers base in a thin film and pour any excess back into the jug. Cook crepe for about 1 minute until underside is golden, then use a metal spatula to flip. Cook other side for just under a minute until golden.

Step 4

Transfer to a plate and cover with foil to keep warm. Repeat for remaining crepe mixture, stacking crepes on the plate as you go.

Ask about our cooking classes

Physio Update



Greetings from Allied Health LLACR

Hi All,

Well, we've all had our shares of coughs and cold, and aren't we all happy to see these go. Thank you for appreciating your Allied Health team at LLACR, also need to take holidays and care for school aged children.

Bron and Warren had been running a small "Falls Prevention" group every Monday, Wednesday & Friday mornings in the LV lounge. Classes consist of exercises for flexibility, strength and with a particular focus on balance.

To provide a wider range of classes to a greater number and range of levels;

- Classes from 25/7/25 will be on *Monday and Friday only* but with two classes, a 09:30 and a 10:00 session.

That's 4 Physio classes a week, and 2 x seated Exercise classes Tues and Thurs afternoons. This will in turn allow more time for 1:1 sessions across the board for the Physio and Occupational Therapist across the week. So, come and try a session, speak to Warren or Bronwyn to join in. All enjoy, and each and every one of the TEAM has shown wonderful improvements in their confidence and balance. So much so that we now play standing soccer and standing balloon tennis. Or walking in the parallel bars. A great way to start the day!

Bron, Warren & Drew

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.

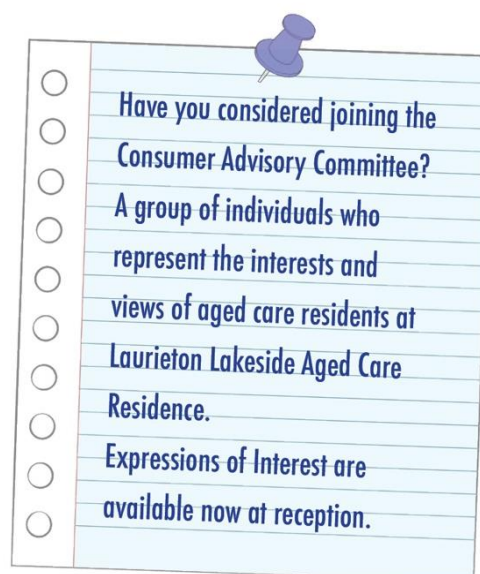
AGED CARE QUALITY AND SAFETY COMMISSION

1800 951 822

OPAN (Older Person Advocacy Network) 1800 700 600

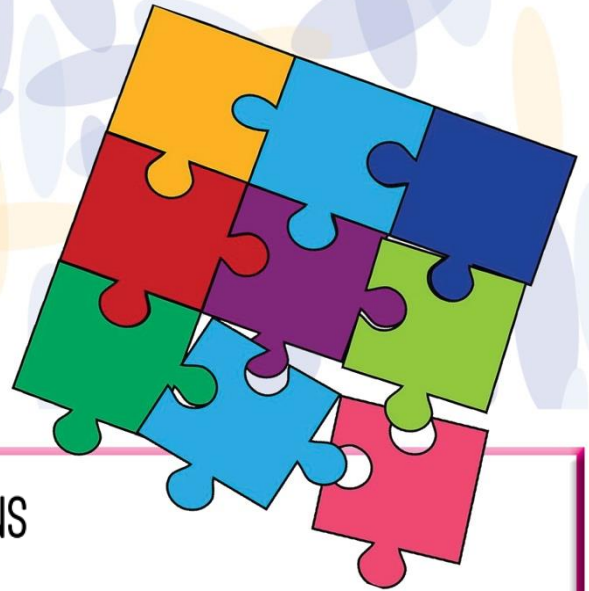
SRS (Seniors Rights Service) 1800 424 079

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.



- 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



FRENCH WORDS & EXPRESSIONS

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

Chic

Rendezvous

Debutante

À La Carte

Genre

Couture

Déjà Vu

Decolletage

Cliché

Matinée

Café

Souvenir

Faux Pas

Boutique

Cuisine

Aupair

Voyage

Touché

Apéritif

Résumé

