



Laurieton Lakeside
AGED CARE RESIDENCE

LAKE SIDE NEWSREEL

May 2025



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Lifestyle's team

NEWSREEL



Welcome to our May Newsreel!

This month we are celebrating Mother's Day! Laurieton Men's Shed will be hosting some of our residents for a special Mother's Day lunch with fresh handmade pizza's from their Pizza Oven. We really appreciate the Men's Shed invitation and their kind hospitality.

There is also a Mother's Day raffle with multiple prizes available. Tickets are available for purchase at the front office or the Activities Centre, you can purchase 1 ticket for \$2 or 3 tickets for \$5. Raffle will be drawn at Bingo on Thursday 8th May 2025 .

Also, this month we are celebrating International Nurses Day on Monday 12th May. We would like to extend a big thankyou to all of our caring, dedicated and hard working nursing staff.

Kind regards

Michelle, Olivia, Jodi and Cameron
XXXXX

A Note from Management

Facility Manager Update

Dear Residents and Representatives,

New Accreditation Standards

Last month we looked at Standard 2 – The Organisation.

This month, we explore Standard 3 – Care and Services.

Standard 3: Care and Services

Resident Statement: My Care is based around who I am and what is important to me.

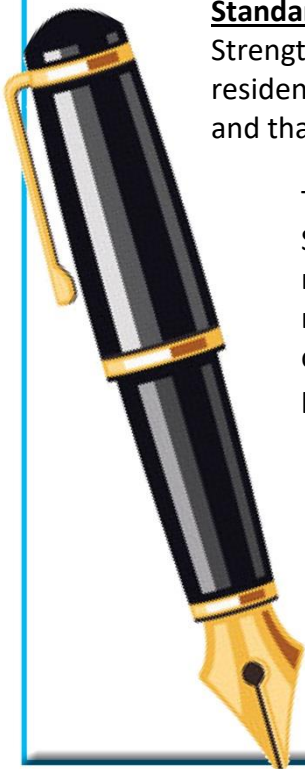
Worker Statement: I understand who I am caring for and what is important to them.



Standard Outline

Strengthened Quality Standard 3 is about the way we tailor care and services to each resident. Our staff need to understand that each resident has the right to take risks and that a care plan is needed to support risk taking.

There are 4 outcomes and 22 actions that providers must meet in Standard 3. Standard 3 focusses on: detailed assessment and care planning, improving resident independence, respecting resident rights, supporting residents take risks (based on their goals), supporting residents living with dementia, considering the whole person and their needs during interactions and care planning.



A Note from Management

Staff Identification Boards

We recently received feedback from family members requesting staff identification boards on each wing. These boards identify which staff are on-shift.

We are happy to report that boards have been installed. If you are unsure of their location, please ask the staff to point them out to you.

North/West/South Wings Carpet Replacement Program

The carpet replacement program is underway. We are expecting this project to take up to 3 weeks to complete.

Thank you to everyone for your patience. We are looking forward to the finished product

Kristy Potts (Operations Manager) Resignation

We are sad to announce that after 24 years at Laurieton Lakeside, our Operations Manager, Kristy Potts, is relocating to Armidale.

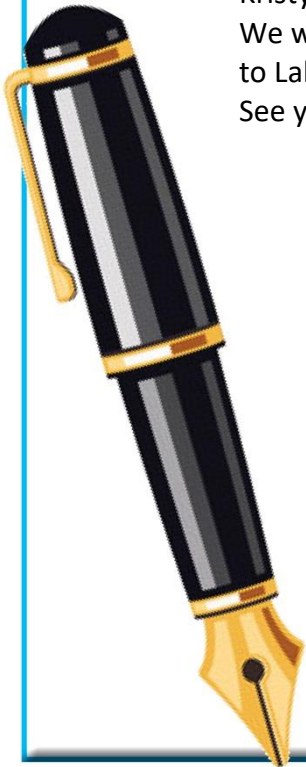
Kristy has been a cherished member of staff and will be sorely missed.

We wish Kristy all the best for her future endeavours. Hopefully, Kristy will return to Lakeside for relief work from time to time.

See you next month.

See you next month.

Tim Cummins
Facility Manager



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 word from Mark

A word with Chaplain Mark

May already....hard to believe. The footy season is shaping up already. Some teams are up and others way down – hope your team is ok!! And I do hope you had a good April – Anzac Day and Easter were big occasions.

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

What is the shortest month of year?

May.

Why was the picture sent to jail?

It was framed.

Why is a Footy stadium always cold?

Because it's full of fans!

What has four wheels and flies?

A garbage truck.

A gentle answer turns away anger, but a harsh word stirs up wrath. Proverbs 15:1

"The simple act of trusting God can be defined as acting as if God were going to keep His promises, however bleak the current circumstances may appear." — Robert J. Morgan

"The billions of flowers blooming around the globe are preachers with a single message: "Don't worry! God cares for our needs." — Robert J. Morgan


Church services for MAY:

Anglican Monday May 5

Catholic Monday May 12

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

How times change!!



Orange Hospital staff around 1920. My grandmother is the middle of 7 nursing staff. They look a little different to hospital staff we see these days, don't they. Check the face on Nurse second from left...what would my reaction be if she came in round midnight carrying a candle, partially lighting her face? (think Wizard of Oz Wicked Witch 😊)

I found in my work over many years in Information Technology that change was rapid...everything changed, except one thing – people nearly always struggled with change!

Many things have changed in our lifetimes, haven't they! Think of cars, home appliances – microwaves, dishwashers, and more. And what about clothing styles – they change every year, or more often. And phones – people live on mobile phones now, but when I was young lots of people did not even have a landline phone. And the list goes on!

One change we face, and I know it all too well, is our diminishing abilities to manage life. But it is reality. I used to move furniture as a part time job and we regularly carried pianos up 3 flights of stairsNOW an impossibility for me! It is hard to accept, but it is the truth!

Perhaps you are struggling with change right now. **Moving into Care, or helping a loved one to move into care**, whether for a short stay or longer, can be daunting.

I need to accept my limitations and accept help when it is offered – that can be hard, but I know it is the only way. Change can be hard to accept.

You know, I've found it good to talk about change, and what worries me. Maybe you could talk about that sort of thing with friends or family. And of course, I am always happy to have a chat with you about anything.

And for now, I want to make the most of life...so with God's help, I want to get on with life, and deal with change the best way I can – maybe we can help each other.

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

Chaplain Mark

Happy Snaps

Activities - Month in Review

Camden Haven High School recently had the pleasure of welcoming residents from Laurieton Lakeside Aged Care Residence for a special visit to our agricultural farm. This heartwarming event provided a wonderful opportunity for students and elderly community members to connect through a shared appreciation for farming and livestock.

The visit began with a guided tour of the school's productive vegetable gardens, where students proudly showcased their hard work. The residents were delighted to see the variety of fresh produce growing and enjoyed learning about the sustainable farming practices used by our Agriculture students. Many shared fond memories of their own experiences with gardening and farming, making for lively and engaging conversations.

Following the garden tour, the school's Show Team put on an impressive display of cattle handling and parading. The students demonstrated their skills in leading and presenting the cattle, much to the enjoyment of the audience. The residents were particularly impressed by the students' dedication and professionalism, with some reminiscing about their own experiences with cattle over the years.

To top off the visit, a delicious morning tea was provided by the school canteen, generously funded by the Student Representative Council (SRC). Residents and students alike enjoyed the opportunity to sit together, share stories, and build connections over freshly baked treats and hot beverages.

This event was a fantastic success, leaving both students and residents with smiles on their faces.

Camden Haven High School is proud to foster strong ties with the community and looks forward to hosting more intergenerational events in the future.



Happy Snaps

Activities - Month in Review



Happy Snaps

Activities - Month in Review



Happy Snaps

Activities - Month in Review



Anzac Day Service at Laurieton Lakeside 2025

Happy Snaps

Activities - Month in Review



Bus Outing to Wauchope Country Club and Cowarra Dam.

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 5th May 2025

Monday 2nd June 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.
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

During the month of May we are
heading to the Laurieton Men's Shed
for a Mother's Day ladies lunch
celebration on Friday 9th May 2025.

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. Some weeks we head for lunch, others for afternoon tea.
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

What's a pilot's least favorite holiday?

..... May Day



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



Spanish chicken and crispy potatoes

INGREDIENTS

- 1 tbsp extra virgin olive oil
- 800g baby red **potatoes**, halved
- 1 red onion, cut into wedges
- 250ml (1 cup) chicken stock
- 1 tsp sweet paprika
- 8 chicken thigh cutlets, skin on, excess fat trimmed, scored
- 2-3 tbsp chipotle sauce, plus extra, to serve
- 1 tsp ground cinnamon
- Aioli, to serve



METHOD

Step 1

Preheat the oven to 220C/200C fan forced. Pour the oil into a large non-stick baking dish. Place the dish in the oven for 3 minutes to heat. Add the potato and onion to the dish and toss to coat in the oil. Pour in the stock and sprinkle with the paprika. Season.

Step 2

Place the chicken on top of the potato and onion. Spread with chipotle sauce, to taste, and sprinkle with cinnamon. Season with salt. Bake for 50 minutes or until the chicken is golden.

Step 3

Transfer chicken to a plate and cover to keep warm. Bake the potato and onion for a further 10 minutes or until liquid is absorbed and potato is crisp. Return chicken to the dish. Drizzle with aioli and extra chipotle sauce. Scatter the rocket over the top before serving.

Ask about our cooking classes

Physio Update



Hello from Bron!

Following on from Warren's introduction, we thought it would be a great idea for the rest of the Allied Health team to share a little more about ourselves, so you know who we are and what we do.

I'm an Occupational Therapist (OT), a healthcare professional dedicated to helping people of all ages overcome barriers that prevent them from engaging in everyday activities—what we call "occupations"—that bring them meaning and purpose. Whether it's improving mobility, adapting environments, or introducing assistive devices, OTs focus on supporting individuals to maintain, restore, and enhance independence in both daily life and work.

In an aged care setting, my role is to help residents maintain as much independence as possible. This involves mobility support, prescribing equipment, and encouraging participation in valued daily activities. If you or your loved one has a cherished activity that has become difficult to manage, I'd love to help problem-solve ways to make it easier. After all, we all need a sense of purpose, and maintaining those meaningful experiences is key to living well.

I've now been at Laurieton Lakeside for almost two and a half years, working two to three days a week, and I truly love my job here. My career has been a long and varied journey, spanning over 30 years across acute and community mental health, hospitals, aged care, remote regions of Western Australia and Queensland, and occupational rehabilitation (Workcover, DVA, CTP). As I grow older, I plan to finish my career working in aged care. It's a deeply personal commitment—my parents, who are both turning 92 this year, inspire me to help others live with dignity and purpose in their later years.

My personal motto is simple: **treat our residents the way I would want my parents to be treated—and how I would like to be treated as I age.**

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.

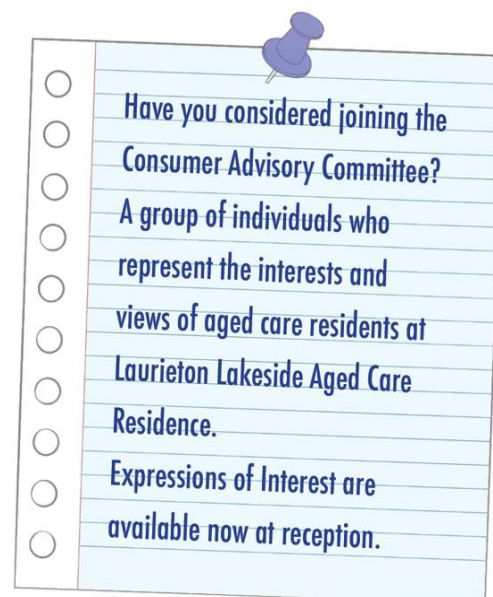
AGED CARE QUALITY AND SAFETY COMMISSION

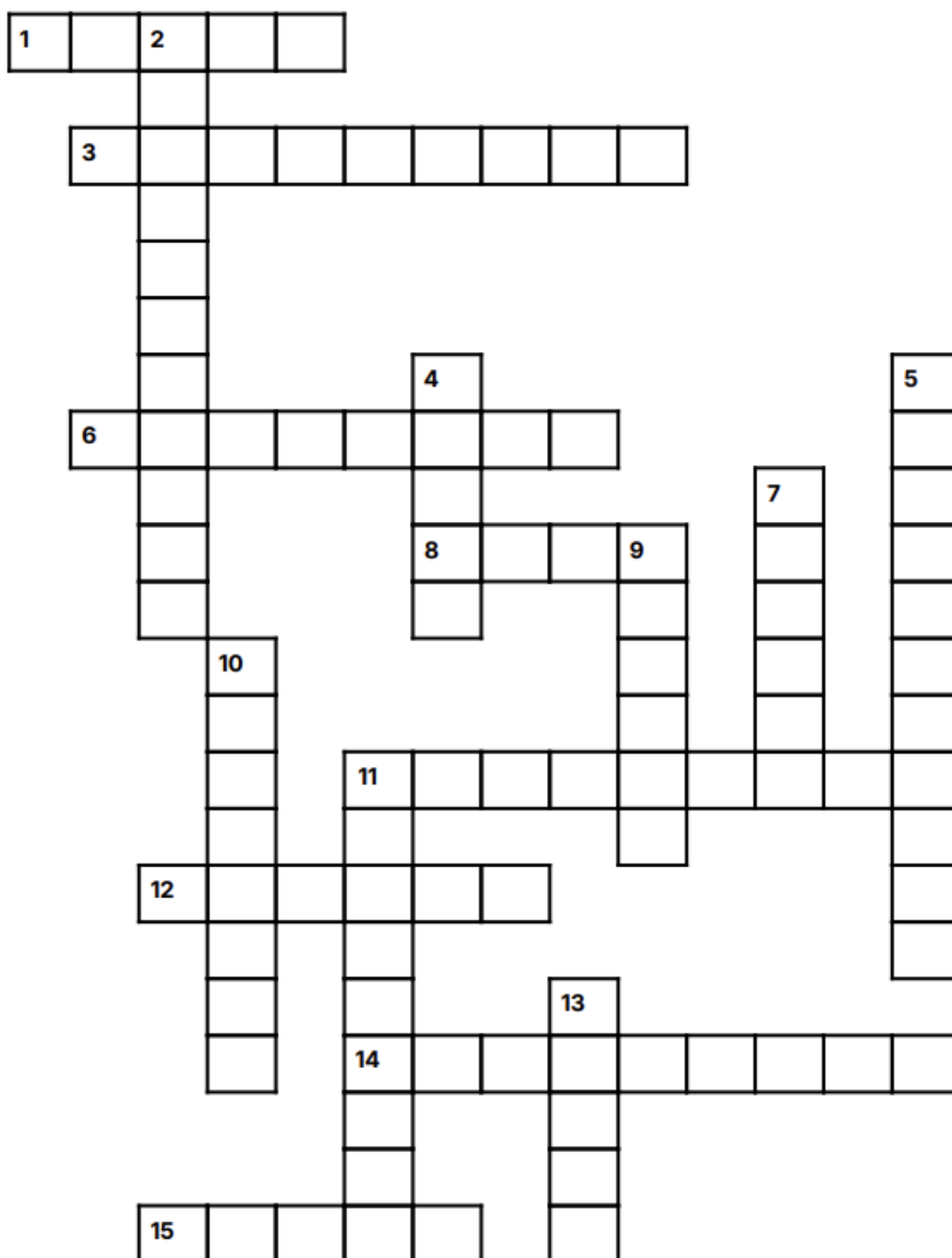
1800 951 822

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.







Across

1. Climbs vertical surfaces using specialized pads on its feet (5)
3. See ya later..... (9)
6. They live for up to 150 years in their own home (8)
8. Most reptiles are born in these (4)
11. Known for its ability to change color (9)
12. A poisonous reptile that needs to be slain! (6)
14. Reptiles descended from these (9)
15. A native British snake (5)

Down

2. Why do reptiles need to lie in the sun? Because they are..... (11)
4. It has a forked tongue and venomous bite (5)
5. A well dressed collar on this lizard! (11)
7. A large sea reptile who takes their home on their back (6)
9. The protective layer covering the skin of reptiles (6)
10. The largest type of snake (8)
11. In a while..... (9)
13. Found in deserts and has a distinctive triangular-shaped head? (5)

Word Search

MOTHER'S DAY



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

Love

Grandmother

Console

Hugs

Memories

Gifts

Role Model

Cook

Chocolates

Bake

Kisses

Sunday

Read

Mother

Brunch

Forgive

Nurture

Flowers

Support

Family

Cuddle

Roses

Help

Special

Fun Stuff to do



SHORT JOKES & ONE-LINERS

- What do you call a pony with a cough?

A little horse.

- What did one hat say to the other?

You wait here. I'll go on a head.

- What do you call a magic dog?

A labracadabrador.

- What did the shark say when he ate the clownfish?

This tastes a little funny.

