



Laurieton Lakeside
AGED CARE RESIDENCE

LAKE SIDE NEWSREEL

November 2025



Inside the November Edition ...

*Welcome	2
*Services at Lakeside.....	3
*Note from Management	4
*Month in Review	8
*Recipe of the Month	16
*Find a word.....	20
*Christmas Menu.....	21



Lifestyle's team

NEWSREEL



Welcome to our
November Newsreel!

This month we have so much going on in Activities!

Melbourne Cup on Tuesday 4th is a big day, a great reason to dress up as there will a prize for best dressed to be won! We are having a High Tea in the morning. In the afternoon we can all watch the race on the big screen!

Our Remembrance Day ceremony will be held on 12th November instead of 11th November due to availability of local RSL members.

We have a wealth of entertainment including a concert with Steve Taylor, as well as our usual Birthday Party with Roy, Name that Tune with Graeme & Kay and Singalong with Sheila.

We will also have a special visit during the Catholic Church mass on Monday 10th November with a group of children coming from St Joseph's Primary School to sing for us!

Kind regards

Michelle, Olivia, Jodi & Cam

xxxx

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 Strengthened Standards

The Strengthened Quality Standards are due to commence 1 November 2025. As part of the new standards, aged care homes are required to provide residents and their representatives (if consent is given), **Monthly Care Statements**. These statements provide:

- important information about resident care in one easy-to-read statement, so residents can monitor their care
- an overview of wellbeing activities, nutrition and weight, medication changes and appointments
- a prompt for further conversations for residents and providers about whether resident care needs adjusting
- confidence for residents that the provider has listened and acted on requests and feedback
- increased visibility of their provider's care assessments and planning results, which providers must make available to residents under the [Aged Care Quality Standards 2\(3\)\(d\)](#).

We look forward to sharing these statements with our residents and representatives from 1 November 2025.



A Note from Management

New Registered Nurse Commencing

We have a new fulltime RN commencing from Tuesday 28 November 2025. After two weeks of onsite training, Banita will be working Mon, Tue, Fri, Sat, Sun on PM shifts (2pm – 10:30pm). Banita has relocated from Melbourne to work at Laurieton Lakeside. We welcome Banita and her family to the Laurieton community and wish her all the best.

Food & Dining Experience Survey

A quick reminder that the Food Satisfaction Survey is currently being completed. We anticipate the survey period ending in the first week of November. This survey helps us improve the food and dining experience at Laurieton Lakeside. We encourage honest feedback and will present the results to residents and families once finalised.

A note from the Head Chef (Debz)

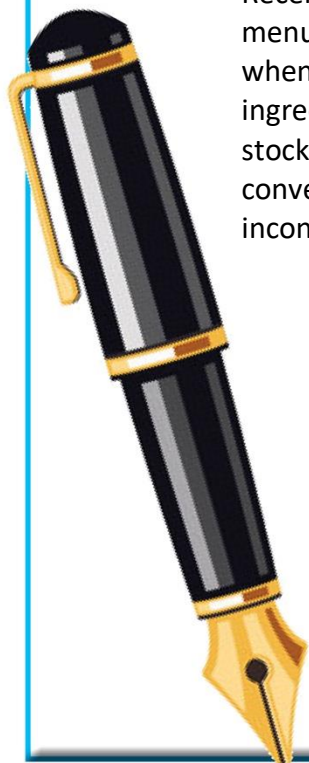
Recently, we received feedback from residents about meal choices not matching the menu. After raising this issue with our Head Chef, Debz advised that this issue occurs when ingredients are not available. There are times when we run out of a particular ingredient, and other times when the supplier is unable to provide the required stock. When the menu changes, our kitchen team, via the nursing team, will convey these changes at the earliest possible opportunity. We apologise for any inconvenience menu changes cause residents.

Summertime

As the days become hotter, please remember that our nursing team can assist residents with shelter, sun protection (such as hats and sunscreen) and fluid intake. If the outdoors is calling and you would like assistance, please advise our nursing team and they will happily assist you.

See you next month.

Tim Cummins
Facility Manager



A word from Mark

A word with Chaplain Mark

I do hope you are doing well, and enjoying Spring. As I have said before, I much prefer Spring and Autumn over Summer and Winter...but weather is weather...and I need to not let it dictate my feelings and behaviour....at the end of the day, every day is a good day 😊

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

"All your life, you will be faced with a choice. You can choose love or hate... I choose love." **Johnny Cash**

"Spring has a way of bringing everything back to life, even a broken heart." **Willie Nelson**

"To plant a garden is to believe in tomorrow." **Audrey Hepburn**

Some old-fashioned things like fresh air and sunshine are hard to beat." **Laura Ingalls Wilder**

"Spring is nature's way of saying, 'Let's party.'" **Robin Williams**

What falls, but never needs a bandage?

The rain.

What kind of bow looks best when it's wet?

A rainbow.

What do you call a grizzly bear caught in the rain? A drizzly bear.

Church services for NOVEMBER:

Anglican Monday November **3**

Catholic Monday November **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

JOY! What do you think of when you hear that word? Happiness, gifts, a favourite food, party? Or do you think of someone like my friend Mary (not her real name). My friend Mary is a joyful person....anyone who knows her cannot doubt that. But she has more reason to **not** be joyful than many people I know. I know (you may too) some who just grumble, complain, find it hard to smile and laugh, never look on the bright side of life...they seldom say something complimentary or kind, nor do they often say 'please' or 'thank you'.

What is joy? A very brief definition...A profound and **enduring contentment and gladness** rooted in one's relationship with God, distinct from temporary happiness. Real joy does not depend on circumstances (those things that make us momentarily happy like a nice meal, good time with friends, or gifts).

Back to my friend Mary who has had health problems for many years. She has also had some significant family problems...but she is invariably wearing a smile when I see her. She is always quick to ask how I am, not to complain about how she may be. If Mary depended on good things to make her bright, her bright times may be few and far between.

I am pretty sure Mary would love to be able to get to the beach with family, go for drives in the country, have Christmas lunch with all her family, and do many things that some of us may take for granted. But she trusts God, and has learned to do what the Bible says 'to be content in all circumstances both good and bad' (my loose translation.) Mary faces each day with a smile. She looks at ways to bless people in various ways according to her abilities.

I want to be more like my friend Mary – look more on the bright side, more interested in others and focussing less on myself, less dependent on **things** to make me happy, trusting God more, and learning to be joyful even when circumstances are against me. Because let's face it – life does not always go our way – friends or relatives let us down; finances do not always work out the way we would like; the doctor does not always tell us things we like to hear, and so on. Life can hold many disappointments, but I reckon we can learn from Mary and stay joyful in the face of such things....**why not give it a try!** And of course, I would love to have a chat with you about this (or anything else)

Bye for now – Toodle-oo and God bless you

Chaplain Mark

Happy Snaps

Activities - Month in Review

Big thanks to Camden Haven Concert Band for the entertaining performance at Laurieton Lakeside's Spring Fair!



Happy Snaps

Activities - Month in Review



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



Spring is here again, come on down and help us clear out the weeds and trim back the herbs before everything takes off again in the warmer weather.

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 3rd November 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 will be continuing our weekly outings to the Laurieton United Services Club every Thursday. These are now going to be for lunch only as it has proved very popular with our residents. Please register your interest in these outings by contacting the Lifestyles team.

Joke of the Month

There are two kinds of people who don't say much.....
Those who are quiet, and those who talk too much.

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



Hawaiian pizza

Basic Pizza Dough

2 tsp. (7 g) sachet dried yeast
1 cup (250 ml) lukewarm water
2 $\frac{2}{3}$ cups (400 g) plain flour, plus extra to dust
2 tsp. salt
3 tbsps. ($\frac{1}{4}$ cup) olive oil, sliced

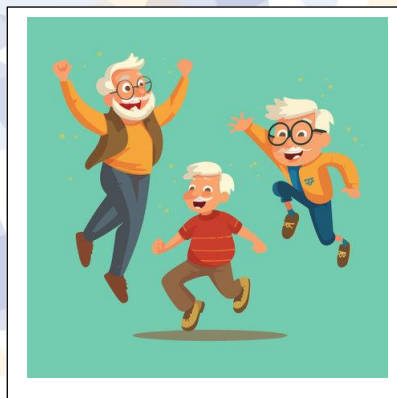
Ham & Pineapple Topping

1 cup (250 ml) pizza sauce
1 $\frac{1}{2}$ cups (150 g) Perfect Italiano™ Perfect Pizza cheese
A few thin slices ham, torn into pieces
 $\frac{1}{2}$ cup pineapple pieces in syrup, drained

1. To make the dough, whisk yeast and water in a heatproof jug. Stand for 5 minutes or until frothy.
2. Place flour and salt in a large bowl. Make a well in the centre. Pour in the yeast mixture and oil. Using your hands or a spatula, mix the dough until it comes together and is smooth. Turn out onto a lightly floured work surface and knead briefly.
3. Place dough in a lightly oiled bowl and cover with cling wrap. Set aside in a warm place to rise for 30 minutes to an hour until it doubles in size.
4. Turn dough out onto a lightly floured surface and knead gently for another 5 minutes or until smooth. Divide dough in half, wrap one half in plastic wrap and freeze for another use. Roll out remaining dough half to create a 30 cm x 20 cm oval. Sprinkle a little flour on the bench before rolling to prevent dough from sticking. Transfer base to a baking paper lined tray.
5. Preheat oven to 230°C / 210°C fan-forced.
6. Spread pizza base with the pizza sauce. Scatter with a small handful of Perfect Pizza cheese. Top with ham and pineapple. Scatter over the remaining cheese.
7. Bake for 20-25 minutes or until cheese is melted and golden and base is crisp.

Ask about our cooking classes

Physio Update



Hi from Allied Health

At Laurieton Lakeside both our Occupational Therapist Bron and Physiotherapist Warren play vital roles in helping residents stay active, safe, and independent.

Although our work greatly overlaps, each brings a unique focus to supporting residents' wellbeing.

Both OTs and Physios:

- Support residents to maintain independence and improve quality of life.
- Provide individual assessments and therapy programs.
- Prevent falls and injuries through education and mobility training.
- Helps residents improve movement, strength, balance, and flexibility.
- Collaborate with nurses, doctors, lifestyle staff, and families.
- Take a holistic approach, considering physical, emotional, and environmental needs.
- Help residents mobilise safely using aids such as frames, sticks, or wheelchairs.

Our Main Different Focus Areas

Occupational Therapist (OT)	Physiotherapist (Physio)
Recommends adaptive equipment like shower chairs, grab rails, or special utensils to make tasks easier.	Focuses on rehabilitation and pain management after illness, surgery, or injury.
Looks at the environment — ensuring rooms, bathrooms, and common areas are safe and supportive.	Designs exercise and mobility programs to build strength and prevent falls.

We assess every resident who comes to LLACR but encourage residents and families to come and see us if there is something you or your loved one would like to;

- Resume a previously enjoyed activity which is now difficult to manage.
- Would like to explore new activities but are not sure how to adapt the activity to suit any restrictions or mobility issues.
- Maintain or improve mobility.
- Seek assistance with managing pain and muscle soreness

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.

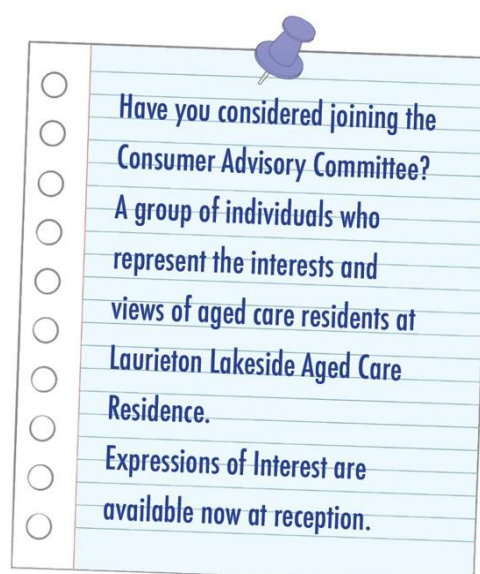
AGED CARE QUALITY AND SAFETY COMMISSION

1800 951 822

OPAN (Older Person Advocacy Network) 1800 700 600

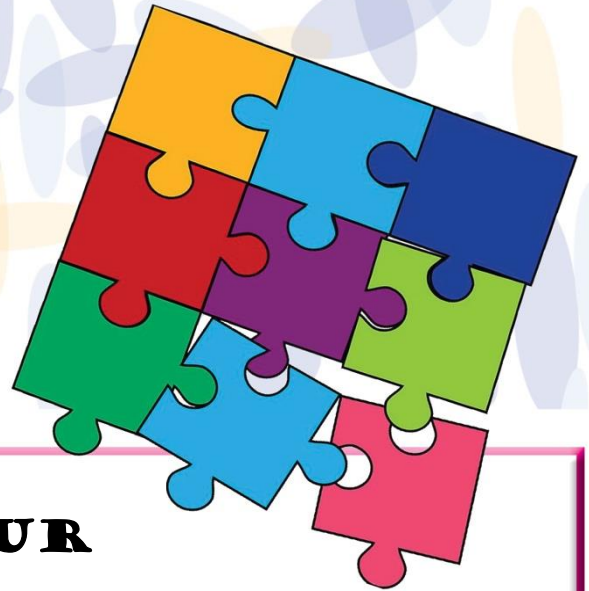
SRS (Seniors Rights Service) 1800 424 079

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



A LITTLE HUMOUR

"Any man who can drive safely while kissing a pretty girl is simply not giving the kiss the attention it deserves."

— Albert Einstein

"The last thing I want to do is hurt you. But it's still on the list."

— Alexandre Dumas

"People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed. Never throw out anyone."

— Audrey Hepburn

"Some cause happiness wherever they go. Others, whenever they go!"

— Oscar Wilde

"In the end, it's not the years in your life that count. It's the life in your years."

— Abraham Lincoln

"I'm a marvellous housekeeper. Every time I leave a man, I keep his house."

— Zsa Zsa Gabor

"I never forget a face, but in your case, I'd be glad to make an exception."

— Groucho Marx

"I've had a perfectly wonderful evening, but this wasn't it."

— Groucho Marx



"I was married by a judge. I should have asked for a jury."

— Groucho Marx

"The difference between stupidity and genius is that genius has its limits."

— Albert Einstein

LAKE SIDE CHRISTMAS MENU 2025

 *A festive feast to celebrate together* 

Entrées

Option 1: Prawn Cocktail with Crisp Lettuce & Seafood Sauce

Option 2: Creamy Pumpkin Soup with a Hint of Nutmeg

Minced & Moist Options:

- Finely chopped prawns with creamy seafood dressing
- Smooth pumpkin purée with gentle spices

Puréed Options:

- Prawn cocktail purée with seafood cream
 - Pumpkin soup purée
-

Please choose area of preferred dining, resident's room, residents dining room or café

Bookings close 27/11/2025

\$40 per person



Main Course

Traditional Roast Turkey & Baked Ham

served with Roast Potatoes, Pumpkin, Peas, and Cranberry Jus

Minced & Moist Option:

- Finely chopped turkey and ham served with soft vegetables & gravy

Puréed Option:

- Turkey and ham purée with blended vegetables & smooth cranberry sauce



Desserts

Option 1: Traditional Christmas Pudding with Custard

Option 2: Pavlova with Fresh Fruit & Cream

Minced & Moist Options:

- Soft Christmas pudding with custard
- Soft pavlova meringue with smooth cream and diced fruit

Puréed Options:

- Christmas pudding purée with custard
- Pavlova purée with blended fruit and cream

Please choose area of preferred dining, resident's room, residents dining room or café

Bookings close 27/11/2025

\$40 per person



Vegetarian Christmas Menu



Entrées (Choose One)

1. Roast Pumpkin & Feta Salad

With baby spinach, candied walnuts, and balsamic glaze.

- **Minced & Moist:** Finely chopped roast pumpkin, soft feta, and spinach mixed with a drizzle of balsamic dressing.
- **Pureed:** Smooth pumpkin purée blended with a hint of feta and spinach purée, topped with a swirl of balsamic reduction.

2. Creamy Cauliflower & Leek Soup

Silky cauliflower soup with a hint of nutmeg, served with soft bread.

- **Minced & Moist:** Soft chunky cauliflower and leek pieces in a thick creamy broth.
- **Pureed:** Fully blended to a smooth creamy texture, served with a puréed bread swirl.



Main Course (Choose One)

1. Nut Roast with Cranberry Glaze

Served with roast potatoes, honey carrots, and rich vegetarian gravy.

- **Minced & Moist:** Finely minced nut roast vegetables and thick gravy.
- **Pureed:** Nut roast, vegetables, and gravy each puréed separately for presentation (red cranberry purée drizzle on top).

Please choose area of preferred dining, resident's room, residents dining room or café

Bookings close 27/11/2025

\$40 per person

2. Mushroom & Spinach Wellington

Golden puff pastry filled with mushrooms, spinach, and creamy ricotta.

- **Minced & Moist:** Soft minced mushroom-spinach mix with mashed potato and thick gravy.
 - **Pureed:** Mushroom-spinach filling and potato purées piped attractively, topped with puréed pastry crust.
-



Desserts (Choose One)

1. Christmas Pudding with Custard

Traditional spiced fruit pudding with creamy vanilla custard.

- **Minced & Moist:** Finely chopped pudding moistened with thick custard.
- **Pureed:** Smooth pudding purée with warm custard poured over.

2. Pavlova

topped with mixed berries.

- **Minced & Moist:** Soft, moist cheesecake mashed lightly with berry compote.
 - **Pureed:** Cheesecake and berry layers blended smooth and served in layers or piped into a dessert dish.
-

Please choose area of preferred dining, resident's room, residents dining room or café

Bookings close 27/11/2025

\$40 per person

Word Search

HAWAII WORD SEARCH



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

Hawaii

Island

Lanai

Beach

Hanauma

Tropical

Kauai

Maui

Sunset

Romantic

Mahalo

Oahu

Volcano

Lahaina

Poke

Aloha

Molokai

Honolulu

Waikiki

Flowers