



Laurieton Lakeside
AGED CARE RESIDENCE

LAKE SIDE NEWSREEL

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January 2026



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Lifestyle Team Welcome

Welcome to the first newsletter of 2026!
January often inspires reflections on beginnings, breakthroughs, and moments that shaped the world.

This month has witnessed remarkable milestones in science, literature, and human creativity - each reminding us that new chapters can begin at any age.

As we step into another year together, let's celebrate curiosity, resilience, and the joy of continual learning. May this month bring a sense of renewal and the gentle encouragement to explore something that sparks your interest.

Warm Regards,

Michelle, Olivia, Jodi & Cam.



January Trivia

January was named after the Roman god Janus; the god of beginnings & transitions.

Zodiac signs: **Capricorn & Aquarius**
Birthstone: **Garnet**
Flower: **Carnations**

Quote of the Day

You are never too old
to set another goal or
to dream a new
dream.

- C.S. Lewis

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,

Every year brings an opportunity to set a new path of improvement for our residents, staff and other stakeholders.

The Strengthened Aged Care Quality Standards ensure that residential aged care operators are grounded in a philosophy of continuous improvement and openness to collaborate with residents and their representatives.

As we begin the new year, Laurieton Lakeside is positioned to continue last year's momentum and deliver on several key projects that will transform the facility.

Development Application (DA) Approval

We are pleased to report that the Port Macquarie Hastings Council has approved our DA in full. This exciting news means that construction of our new 25 bed wing will be underway in the coming months.

Courtyard Redesign

As promised, the central courtyard leading out from the reception area (between North and South Wing) will also be redeveloped. This project is currently being designed by our architect and will hopefully be completed in the first few months of the year – depending on contractor and materials availability.

Policies and Processes Update

Our team is currently undertaking the large task of reviewing all our policies and processes to ensure they meet the new Aged Care Act and Strengthened Aged Care Quality Standards.

Policies and processes are the governing tools that determine how Laurieton Lakeside operates and complies with relevant federal, state and local legislation.

This major project is an opportunity for us to review the responsibilities of every department and how this impacts our residents.

Roof Cleaning

Some of you may have already noticed plumbers on the roof pressure washing and cleaning. A local team of contractors have undertaken to clean the gutters and roof of the entire building. We apologise for the noise and disruption this work may cause – one of the few disadvantages of being surrounded by magnificent trees.

All the best for 2026.



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.

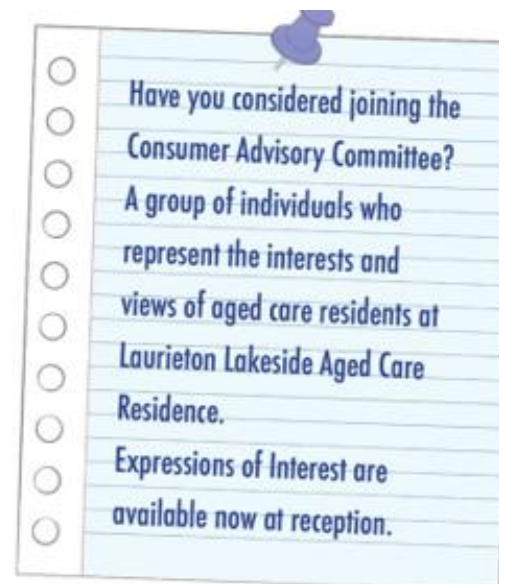
You can also take your concern to
The Aged Care Quality and Safety Commission
or seek the use of an Aged Care Advocacy Service.
Below are a couple of services you may like to use
as your advocate.

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

Happy New Year!!

A fresh start? More of the same? What will 2026 hold for us?

We do not know what the future holds do we? There is so much going on in the world at present – locally and globally – it is easy to get discouraged. But I would rather face the new year filled with 3 things the Bible makes a lot of..... faith, hope, love; and for good measure I would throw I a big dose of joy!!.

Here are a few bits of wisdom and humour for youmaybe you can relate to some of them?

- "Learn from yesterday, live for today, hope for tomorrow." Albert Einstein
- "There are better things ahead than any we leave behind." C.S. Lewis
- "Each new day of this year is a gift from God, and I will live it with gratitude."
- "Be thankful for what is past; look forward with anticipation to what lies ahead – we are in God's hands."
- What does a ghost say on January 1st? Happy **Boo** Year!
- Why did the man sprinkle sugar on his pillow on New Year's Eve? He wanted to start the year with sweet dreams.
- What did the cat say on New Year's Eve? "Meow"

NO CHURCH SERVICES for JANUARY due to the holiday period

Pastoral Care Visits are planned each week and on request. If any **residents, relatives friends, or staff** 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** – family, memories, travels, God, footy, cricket, motorbikes, what makes you happy, sad, worriedanything.

A word with Chaplain Mark

Welcome to 2026. As Slim Dusty sang 'Looking forward, looking back'. Some words from that song are worth thinking about in relation to coming into a new year....

'Looking forward, looking back

I've come a long way down the track

Got a long way left to go'

It is good to look forward, to make plans, to consider how we will live our lives, but of course it is good to remember where we have come from – people in our lives who have been, and maybe still are, important in our lives. Also to be thankful for the year past – maybe it has been better than expected, maybe more difficult....but be thankful we are still here, and maybe we have learned some life lessons along the way? And we may have a long way, or a short way, left to go – so that begs the question...how to make the most of what I have left?

'There are strange days

Full of change on the way'

We do live in strange days, everything keeps changing; but I believe we can rely on one unchangeable fact – the Bible says God is the same yesterday, today and forever – I am confident I can trust Him in this somewhat chaotic world.

'If I'm alone at night, I can see

Through all the triviality

Of the day and I'm okay

I just think of those who are dear to me'

As we come into the new year, it is good to think, not on trivial things, but of those who are as Slim says, 'dear to me'. That may mean those who are no longer with us – but thinking on love shared;and on those still here – what a blessing it is to have some special people in your life!! As well as that, maybe you can be a blessing to someone who is lacking special people in their life?

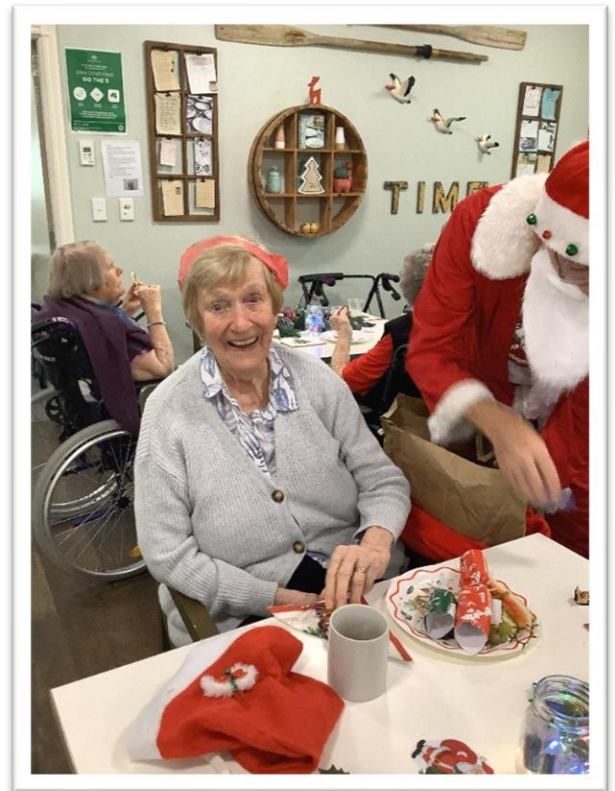
So as we head to 2026, I honestly wish you and yours the very best for this year, and I look forward to whatever the year holds.

Toodle-oo and God bless you

Chaplain Mark

Month in Review

**Santa came to Lakeside's
Christmas Party!**



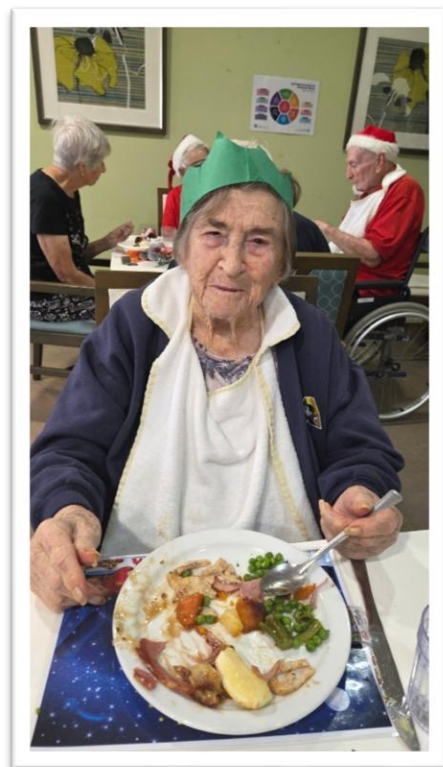
Month in Review



Month in Review



Christmas Day at Lakeside!



Upcoming Events

Singalong with Sheila

Tuesday 6th of January, 10:30am, Activities Room

Resident's & Representative's Meeting

Monday 19th of January 10:30am, LV Cafe

Armchair Travel to Cape York with Shell

Monday 19th of January 10:30am

Concert with Chainsaw Lindsay

Tuesday 20th January 10:30am, Activities Room

Concert with Kathryn "Big Sing"

Tuesday 27th of January 10:30am, Activities Room



Regular Events

Happy Hour every Friday 2pm

Anglican Service first Monday of Month 10:30am

Catholic Service second Monday of Month 10:30am

Hairdresser every Wednesday

Men's Group every Wednesday at 2pm

Bingo! Every Thursday at 10:30am

Special Days

- | | |
|------------------|--------------------------|
| 1 st | Hot Tea Day |
| 3 rd | Tolkien's Birthday |
| 6 th | Epiphany |
| 8 th | Elvis Presley's Birthday |
| 12 th | Australian Open |
| 19 th | Intl. Flower Day |
| 19 th | MLK Day |
| 21 st | Intl. Hug Day |
| 23 rd | Sundance Film Festival |
| 25 th | Robert Burns Day |
| 26 th | Australia Day |
| 27 th | Mozart's Birthday |

Allied Health & Physio Update

Allied Health Update – January 2026

As we welcome the new year, the Allied Health team (Occupational Therapy, Physiotherapy and Physiotherapy Assistant) would like to take a moment to reflect on and celebrate the incredible dedication shown by our residents throughout the past year.

We are so proud of those who committed themselves to our Falls Prevention classes and Drews Physio class, attending regularly and working hard to stay strong, steady and safe. Attendance has continued to grow, and with numbers increasing, we may soon be looking at introducing a third group class to Falls Prevention — a wonderful reflection of everyone's enthusiasm and commitment. We are very much looking forward to continuing these classes throughout January and beyond. We have as much fun running them as you do participating.

We would also like to acknowledge and admire the residents who have consistently participated in their individual exercise programs. Many have shown remarkable determination, often pushing through discomfort to maintain or regain their mobility and work towards personal goals. Your perseverance and resilience do not go unnoticed and are truly inspiring.

Finally, a heartfelt thank you to our care staff. Your ongoing support in helping residents attend classes and assisting with individual exercise programs plays a vital role in making all of this possible. We greatly appreciate your teamwork, encouragement and dedication.

Here's to a positive, active and safe year ahead!

Bron, Warren and Drew



January Birthdays

In January, we celebrate birthdays with:

- **David H**
- **Colin S**
- **Margaret M**
- **Bill R**

Please join us in the activities room on the second Tuesday in January to celebrate with our Birthday Party with Roy!



January Trivia

- The first modern commercial airplane flight took place in January 1914, lasting just 23 minutes.
- The postal system introduced airmail stamps in January 1918, changing long-distance communication forever.
- The world's first underground railway, the London Underground, opened in January 1863.
- In January 1905, the world's largest diamond, later known as the Cullinan Diamond, was discovered.

Capricorn (Dec 22 – Jan 19)

Capricorns are responsible, disciplined and have good managers

Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep thinkers who love helping others.

The Birth of Television (January 1926)

In January 1926, John Logie Baird revealed the first working television system. Its small, flickering image was simple, but it sparked a technology that would soon connect people, share stories, and bring families together - proof that great innovations often begin humbly.

WOW!

Poem to Share

Live . . . Laugh . . . And Love

by John McLeod

Live well dear friends

 In all you do,
Tho' paths be old
 Or paths be new,
But to yourself
 Be ever true,
Live well!

Laugh often friends

 Tho' passing years
Bring, sometimes, smiles
 And, sometimes, tears,
For mirth forever
 Warms and cheers
Laugh often!

Love much dear friends

 For love will bring
The healing joy
 And hope of Spring,
Where pain and fear may never dwell
 Nor anguish touch . . .

And so Live well,

 Laugh often too,
And more, dear friends,
 Love much!

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Michele
- Don H
- Frank C
- Maureen
- Marjorie
- John

We hope that you enjoy your time here!

NEW STAFF

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

IN MEMORIAM

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

- **John H**
- **Gwen**
- **Fay**
- **Mary**
- **Val**
- **Fay**
- **Beryl H**

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.

As soon as we receive our clothing rack we have on order, unlabeled clothing will be located in the hairdressing salon on Tuesday, Thursday, and Friday's to check for any missing items.

If you are missing a TV remote come and see us in the activity room as we have a few that we have found.

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!

Noticeboard



LIBRARY

Currently our library of books have been made into a Christmas Tree which is in the activities room, come and have a look. Once Christmas is over the books will be back on the shelves for you to borrow.

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.

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.



PODIATRY

We have a podiatrist who visits on a monthly basis. Next visits are;

Monday 2nd February 2026

Monday 9th February 2026

If you have a need to visit, please let staff know and they will put your name down for an appointment.

CULTURAL CELEBRATION

In the month of January we celebrate the New Year! We also have Australia Day coming up near the end of the month. Watch your calendar for related activities in the activities room and around the facility.



Noticeboard



KITCHEN CAPERS

We hope you are all enjoying our new summer menu! To add a little spice and interest to our menu, we are having a resident's choice of the week meal. Each week one resident chosen at random will be able to choose a meal to become a special addition on that week's menu. So start thinking about what favourite meal you may like to have cooked for you at Lakeside.

RESIDENT'S & 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.

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.

Laughing Matters



The Nun

A man suffers a serious heart attack and has bypass surgery. He awakes to find himself in the care of nuns at a Catholic hospital. A nun is seated next to his bed holding a clipboard with several forms and a pen.

NUN - Good morning! How are you going to pay for your hospital treatment - do you have health insurance?

PATIENT - No health insurance,

NUN - Do you have money in the bank?

PATIENT - No money in the bank.

NUN - Do you have a relative who could help you with the payments?

PATIENT - I only have a spinster sister and she is a nun.

NUN - (annoyed) Nuns are not spinsters! Nuns are married to God.

PATIENT - Then send the bill to my brother-in-law.

Sick Day

A man calls his boss and says "I can't come to work today"

The boss asks why and the man says "It's my eyes."

"What's wrong with your eyes?" asks his boss.

"I just can't see myself coming to work today."

Always find a reason to laugh –
it may not add years to your life but will surely add life to your years.

Word Search

ELVIS PRESLEY



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

