



Inside the April Edition ...

***Welcome2**

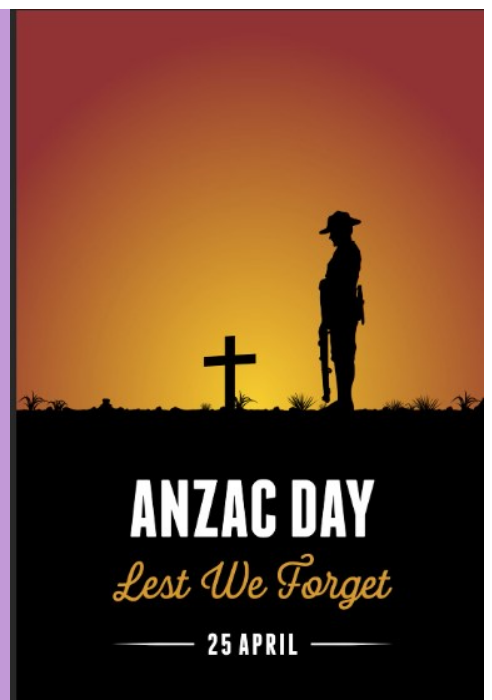
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News Reel Welcome...

Welcome to our April Newsreel!

We hope you all had a lovely relaxing Easter and didn't overdose on chocolate eggs and bunnies!

This month we have planned some activities around Anzac Day including baking some Anzac biscuits, Anzac high tea where we will get to taste our freshly made biscuits and Armchair travel to Turkey with a focus on Anzac Cove. We will also be hosting an Anzac service at 10:30am on Wednesday 24th April 2024.

Later this month we will begin preparations for our Mothers Day Raffle. Tickets will be available for purchase in the Activities Centre or at the front desk. Tickets are 1 ticket for \$2 or 3 tickets for \$5.

Kind regards,

Olivia, Hayley and Brooke

A Note from Management

Welcome to April! I hope the Easter Bunny found you all and left a few surprises. Autumn has arrived which gives some respite from the Hot Weather we have experienced this summer. Don't forget that daylight savings winds back shortly and the days will get cooler and nightfall earlier.

Next Month (May) we will be releasing our Resident feedback survey on a digital platform, MOA (Moving On Audits). If you are unable to complete this via email link, Hardcopies of the Survey will be available at reception.

Surveys are an important tool we use to gain resident feedback about their home; they also tell us what improvements are required.

Mandatory Fire and Evacuation training has commenced for the 2024 year. All staff must attend one 2 hour session, which details what to do in the event of fire within our facility. The training is conducted by professional fire fighters and the training is tailored specific to Laurieton Lakeside. If there are any residents who would like to join the next session, Please see Kristy, our Operations Manager who will ensure you are scheduled in to a session.

The Consumer Advisory Committee -(CAC) - Reminder to all residents and representatives that we are seeking expression of interest for representatives to attend this meeting. Information was emailed and hard copy handed to all residents , as well as disbursed during the March resident relative meeting. If you require more information on membership, hard copies of the CAC information is available from front reception. The first CAC Meeting is scheduled for early this month (April 2024).

Scheduled maintenance works continues around the building - Next works will commence in the lifestyles room. We try to minimise noise and disruption to routines where able. Thank you for your cooperation during these necessary (But sometimes noisy!) Works.

Until Next Month,

LLACR Management Team

Lost & Found Retrieval Day's

Every Second Wednesday we hold a Lost and Found Recovery Day for all Lost and Found Items. (Clothing, Books, Personal Effects).

Residents, Relatives and Representatives will be able to browse through lost and found to identify their own (or loved ones) property. If items are unable to be located at the time, our staff member running the session 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.



Where: East Lounge

Date: Monday & Wednesday mornings

Time: 10:30am until 1:30pm

Resident & Relative Meetings



The next Resident and Relative Meeting will be held
in the Activities Centre on the

Monday 22nd APRIL 2024 at 10:30am

This meeting is held once a month. Come along and
meet other residents and relatives.

Remember - This is your meeting and all feedback is
valued. This is a time for you to express your compli-
ments, concerns and offer any suggestions.

Relatives are welcome to attend.

Previous meeting minutes are available at Reception
and in the Activities Centre.



A word with Chaplain Mark

April is here....And a key day is Anzac Day, 25th April

Looking ahead to Anzac Day:

*They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them....*

Lest we forget!



Church Services

Church services for April (dates are different due to Easter Monday April 1 being a public holiday):

Church services for April:

Catholic Monday 8th April

Anglican Monday 15th April



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** – family, memories, travels, God, footy, cricket, motorbikes, what makes you happy, sad, worriedanything.

Chaplain's Corner

I hope Easter was good for you, and that you did not overdose on chocolate!! April has many special days – it holds some family birthdays, but also Anzac Day, and others such as World Autism Awareness Day, International Moment of Laughter Day, Titanic Remembrance Day, World Book Day, Shakespeare Day and Honesty Day. Amazing!

Some of those days are purely for fun, but others are far more serious, aren't they.

Anzac Day is a day special to many. You may have served in the Armed Forces, had family serve, lost people while they were serving, and so on. It can be a time to stop and reflect on a special day, reflect on what it has cost so many to keep Australia free. What follows is an abridged version of an article from *Haydn Lea, a member of the Royal Australian Air Force since 2007, and is now training to be an Air Force Chaplain.*

ANZAC Day is not, nor should it ever be, about glorifying war. ANZAC Day points to something—to someone—greater.

Sometimes our culture does have an unhealthy relationship with war, to the point of even worshipping killing and death, which does a disservice to our service men and women, and belittles their sacrifice. Instead of pretending their experiences are glorious, we should be truly and honestly admitting they experienced horror and hardship.

On April 25 we reflect and remember what countless people have done, and continue to do for us, and we honour and remember their sacrifice.

A self-sacrificial love for people, although central to the ANZAC ethos, was not invented by soldiers. In fact it is a foundational element of the biblical message. Jesus repeatedly tells us to love God, and therefore to love others. Now the sort of love shown by Jesus, and by our veterans, is much more than a warm fuzzy feeling. Jesus tells us, 'Greater love has no one than this, that someone lay down his life for his friends' (John chapter 15, verse 13).

True love means putting other people first, putting their needs above your own and serving them, even if it is costly. Again, this is what the ANZACs, our war veterans, and service personnel embody, and this is why we honour them...because of the love they showed for people, even to the point of death. They were willing to lay down their very lives out of love.

Finally, we see this in Jesus' actions... 'this is how we know what love is—Jesus laid down his life for us, so we ought to lay down our lives for others.' The core of the gospel is this: Jesus loved God and loved people, so He willingly died for us. Humanity was separated from God due to sin, and deserved punishment. Our very lives were in danger—just like the people around the world soldiers die to protect. Yet Jesus, the Son of God, loved us and therefore went into battle against sin, and was victorious by dying in our place. He sacrificed His life so that we could be saved, and have relationship and peace with God.

So, even as a veteran, I'm not pro-war. But I think—regardless of how you view war—we should be willing to honour those that lay down their lives. Even more so, we should honour and worship Jesus for the sacrifice He made.

Let me know if you want to have a chat about this ...or anything else.

Toodle-oo and God bless you, Chaplain Mark

Activities-Month in Review...



Activities-Month in Review...



Gardening NEWS



**HAPPY
HOUR**



***Garden Club* is introducing Happy Hour!**

Where: Activities Garden Space

When: Monday 15th & 29th April 2024 at
2:00pm

**Come Along and Enjoy refreshments and / or
Gardening.**



BINGO



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 & would like to help our residents play please come and see Hayley or Olivia in the Activities Centre.

Hairdressing



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 fortnight on same day

Walking For Pleasure

Our Walk Group is held every Wednesday afternoon at 2:00pm.

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



Coach Outings

Outings have returned to the calendar on

Thursday afternoons!

These trips are to the LUSC



Please register interest with Activities, these trips can be impacted by Covid and Staff availability we thank you for your patience as we navigate this .

Joke of the Month

“I was at the park wondering why
this Frisbee kept getting
bigger.....
And then it hit me!”

Welcome



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 Your Time

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 Lifestyles Team Activities Centre.

Recipe of the Month

EASY OVEN BAKED FRITTATA

Ingredients

2 medium (400g) Sebago potatoes

2 tbsp olive oil

1 red onion, chopped

70g pancetta, chopped

100g baby spinach

200g red grape tomatoes, halved

1 red capsicum, chopped

8 eggs

1/2 cup thickened cream

1/2 cup shredded parmesan cheese



- 1. Preheat oven to 200°C.**
- 2. Lightly grease a 5cm-deep, 26cm x 16.5cm (base) ovenproof dish.**
- 3. Pierce each potato 4 times with a bamboo skewer. Place in a heatproof, microwave-safe bowl. Microwave on high (100%) for 4 minutes or until tender. Allow to cool. Thinly slice.**
- 4. Meanwhile, heat oil in a non-stick frying pan over medium heat. Add onion. Cook, stirring, for 3 minutes. Add pancetta. Cook, stirring, for 3 to 4 minutes or until onion is tender and pancetta golden. Add spinach. Cook for 1 minute or until spinach is just wilted.**
- 5. Combine onion mixture, tomatoes and capsicum in a bowl. Arrange half the potato, in a single layer, over prepared dish. Top with half the onion mixture. Repeat with remaining potato and onion mixture.**
- 6. Whisk eggs and cream in a bowl. Gently pour egg mixture over vegetable mixture. Sprinkle with parmesan and tasty cheese. Bake for 30 to 35 minutes or until egg mixture is set and top golden. Stand for 5 minutes. Serve.**

Physio Update

Falls Prevention Classes running this month !

Please enquire if you are interested !



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.

Kathy Barnett – Director of Nursing, don@laurietonlakeside.com.au 02 6559 8777

or

Kristy Potts – Operations Manager, operationsmanager@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.



Word Search



ANZAC DAY

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

Australia

Digger

November

Trenches

Volunteers

Commemoration

Eleventh

Peninsula

Twoup

War

Commonwealth

Flanders

Sacrifice

Simpson

Dardanelles

Gallipoli

Soldier

Victoria Cross

April Fools Day Jokes

Q. What do you call a group of Barbies standing in a row?

A. A Barbie queue

Q. Where do sheep get their hair cut?

A. The Baa Baa shop

Q. Why did the boy bring a ladder to school?

A. He thought it was a high school.

Q. Why were the suspenders sent to jail?

A. For holding up a pair of trousers.

Q. Did you hear about the restaurant on the moon?

A. The food is terrific, but there is no atmosphere.

Riddles:

Q. Who can shave 25 times a day and still have a beard?

A. A barber

Q. When young, I am sweet in the sun. When middle-aged, I make you happy. When old, I am valued more than ever. What am I?

A. Wine

Q. What's the difference between here and there?

A. The letter "T"

Q. What runs but cannot walk?

A. Water / Your nose.

Q. What question can you never answer YES to?

A. Are you asleep?

Q. What kind of band doesn't play music?

A. A rubber band, a hair band or a band aid

Q. A woman showers daily without a shower cap, but never gets her hair wet. Why?

A. She is bald.

Q. What occurs twice in a lifetime, but once in every year; twice in a week but never in a day

A. The letter "E".

Q. Lying there in the yard so neat was something good to eat. It had neither flesh not bone, but in 21 days it walked alone. What was it?

A. An Egg

Q. What has fingers, but isn't alive?

A. A glove.

Q. What kind of ant can count and do sums?

A. An Accountant

Q. What teaches without talking?

A. A book

Q. What did one eye say to the other eye?

A. Something between us smells.

Q. What do you serve and never eat?

A. A tennis ball.

Q. What has a big mouth and doesn't say a word?

A. A River

Q. What stars should you stay away from?

A. Shooting stars

Q. What bird can lift the most?

A. A crane

Q. What is it that you can take away the whole and still have some left; and that you can take away and still have the whole left?

A. The word 'wholesome'

