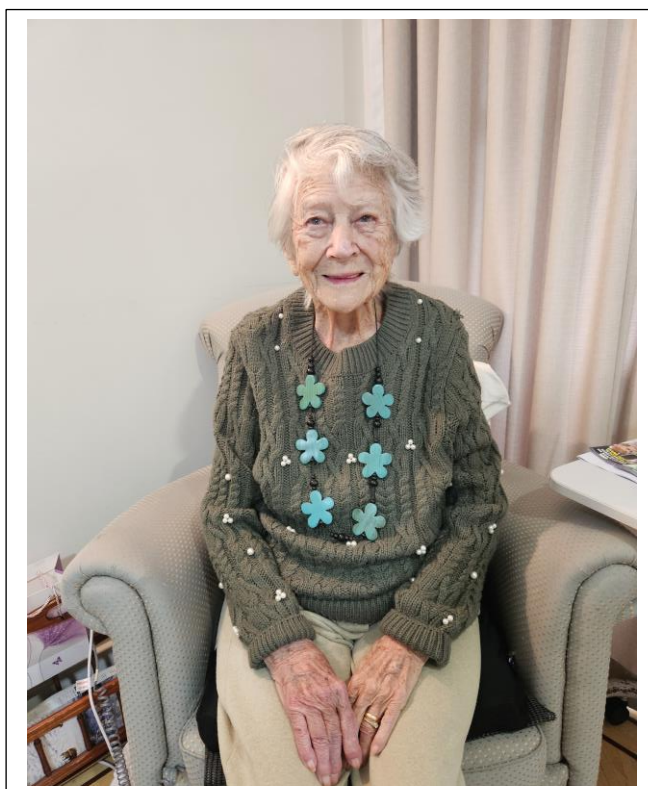




Laurieton Lakeside
AGED CARE RESIDENCE

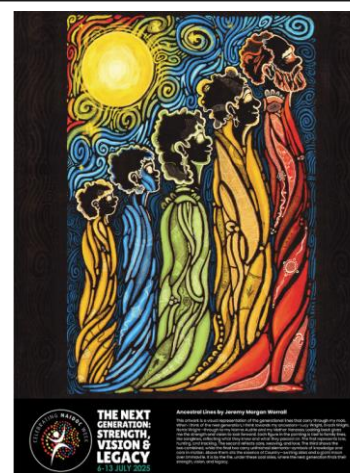
LAKE SIDE NEWSREEL

July 2025



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Lifestyle's team

NEWSREEL



Welcome to our July Newsreel!

What a month we have planned! Last month's visit by Reptile Solutions had to be postponed so they will now be coming to visit in late July.

We also have a special morning in honour of Naidoc Week on Friday 11th July.

Our special event this month is a Christmas in July luncheon. A delicious three course meal is planned with all the trimmings.

Also, don't forget to come along to our Resident and Representative meeting at 10:30am on Monday 21st July 2025. It's your chance to have a say about how we can improve your life here at Lakeside!

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,

The New Aged Care Act has been delayed

The new Aged Care Act and Strengthened Aged Care Quality Standards has been delayed until 1 November 2025. The new Act and Standards were due to commence on 1 July 2025.

The Australian Government announced in June that more time was needed to consider the extensive feedback from our industry.

The delay now gives providers more time to prepare which is a positive for providers as major change takes time to implement.

Although this delay has occurred, we will continue to explore the new standards in Laurieton's monthly newsletter.



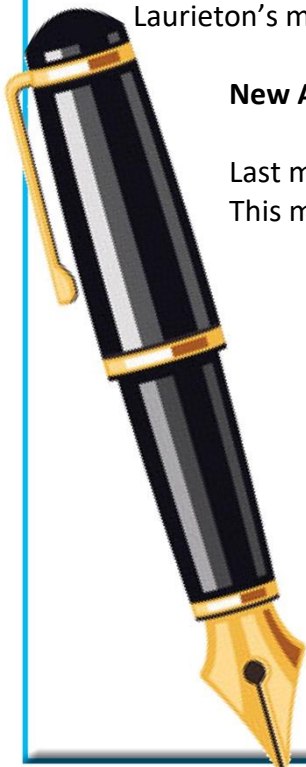
New Accreditation Standards

Last month we looked at Standard 3 – Care and Services.
This month, we explore Standard 4 – The Environment.

Standard 4: The Environment

Resident Statement: I feel safe and supported where I live

Worker Statement: I create a safe and supported environment



A Note from Management

Standard Outline

Strengthened Quality Standard 4 recognises that good infection prevention control practices are a key part of service delivery to protect people in care. This standard also considers the physical environment including resident rooms, common areas and external grounds.

Standard 4 focusses on: supporting people receiving care to feel safe in their home by identifying and reducing environmental risks relevant to the services, providing a well-maintained service environment, designing a service environment that allows people to move freely, using high-quality infection prevention measures.

Recent Outbreak

Thank you to all residents, staff and families for your patience in recent weeks. Your assistance in helping us minimise the impact to residents is appreciated. Please remember to check our signage on entry for the latest updates regarding outbreak preventative measures in place.

New Wing Development

Our architects will be onsite in July as we prepare to lodge the DA with the Port Macquarie Council. Hopefully, we can provide a floor plan of the new wing in the next month or two.

See you next month.

Tim Cummins
Facility Manager





A word from Mark

A word with Chaplain Mark

July – we are past the half way point in the year! That means footy seasons are more than half done. Hope your teams are going well.

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

What did the police officer say when he saw the snowman stealing? Freeze!
What did the wool hat say to the scarf? You hang around while I go on ahead.
What kind of ball doesn't bounce? A snow ball

What often falls at the North Pole but never gets hurt? Snow

Borrow money from a pessimistthey don't expect it back

Lottery: a tax on people who are bad at math

"If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome."— *Anne Bradstreet*

"One kind word can warm three winter months."— *Japanese Proverb*

"There's no such thing as bad weather – only the wrong clothes."— *Billy Connolly*


Church services for JULY:

Anglican Monday July 7

Catholic Monday July 14

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

Worry! Anxiety! Stress! Fear! Uncertainty!

Well... we all face these things....to some degree or other.

Sometimes this can be overwhelming can't it. But alongside the reality of these anxious or worrying thoughts, let's remember "**worry is like a rocking chair, it gives you something to do but never gets you anywhere**". A saying like this highlights the futility of worry and its negative impact on our present well-being. Some other sayings that emphasize that worry is a waste of time and energy.....

A day of worry is more exhausting than a week of work.

Worry never robs tomorrow of its sorrow, it only saps today of its joy.

Worrying is like praying for something you don't want.

People who know me may think I do not worry about things. Well...both my wife and I have been known to be worriers, or to be anxious at times, specially about family. I was the silent worrier and my wife more vocal. But we have both improved a lot over time, and through trusting God more. It is hard not to worry, say for example about wars, grand children and bad choices they may make; or even about our health...lots of things.

What to do? Worry and anxiety is a big subject and there are so many variables – we are all different. All I can say in this brief article is that God does offer a solution to worry. Not a magic solution, but a serious lasting one. The Bible says 'Cast all your care on Him (God), for He cares for you', and it also says 'Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, make your requests known to God, and the peace of God that passes all understanding will guard your hearts and minds in Christ Jesus'

That is what my wife and I have done. Instead of hoping for the best, or relying on wishful thinking, or whatever, we have found that trusting God in all situations is best. Just to clarify.... it does not mean that everything turns out the way we would like; but it does ensure that we usually do not lose sleep over things that would have once kept us awake, that we do not sit and worry and get anxious about things. And, interestingly, the more we follow this approach of trusting God, the more we see things working out for good, even if not according to our hopes and plans.

That may be a lot to take in; so if you want to have a chat about this or anything else, let me know.

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



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 7th July 2025

Monday 4th 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 coming up in AUGUST! At this stage we do not have a location set so if you have any ideas of where you would like to go on your outing please come and see Michelle or Olivia in activities!

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

How do you compliment a
Tasmanian devil?

You say it's devilishly good!

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



White Christmas

Ingredients

500 gram white chocolate,
chopped coarsely
1 cup (35g) rice bubbles
1 cup (160g) sultanas
1 cup (140g) macadamias,
roasted, chopped coarsely
1 cup (160g) dried apricots,
finely chopped
1 cup (130g) dried
sweetened cranberries
3/4 cup (105g) pistachios,
roasted, chopped coarsely
1 teaspoon ground
cardamom



Method

1. Grease a 20cm x 30cm rectangular slice pan; line base and long sides with baking paper, extending paper 5cm over sides.
2. In a large heatproof bowl over a large saucepan of simmering water (do not let water touch base of bowl), melt chocolate. Remove from heat; quickly stir in remaining ingredients.
3. Press mixture firmly into pan. Refrigerate for 2 hours, or until firm.
4. Cut into about 32 pieces to serve.

Ask about our cooking classes

Physio Update



PHYSIO EXERCISE

Physio exercise is held in the activities room on Tuesday and Thursday Afternoons at 2pm. Drew our physio assistant along with his faithful canine companion Theo run this activity.

NOTE: Please check your program for dates and times in July.

These classes are aimed at all levels of mobility. So bring yourself, your wheelie walker or your wheelchair and have a great time.. Remember – Exercise is good for the body & soul.



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.

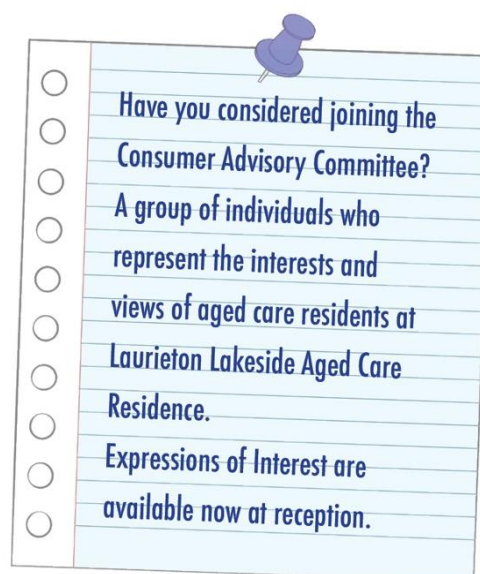
AGED CARE QUALITY AND SAFETY COMMISSION

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



Word Search

WINTER WONDERLAND

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

Jack Frost

Polar Bear

Frost

Jumper

Sledding

Wonderland

Fireplace

Chill

Ice Skating

Hot Chocolate

Cold

Igloo

Snowflakes

Penguins

Snowman

Snow

Magic

Scarf

Snowball

Icicles

