



Laurieton Lakeside
AGED CARE RESIDENCE

LAKE SIDE NEWSREEL

MARCH 2025



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Lifestyle's team

NEWSREEL



Welcome to our March Newsreel!

The first month of Autumn is upon us. I'm sure we are all looking forward to the coming reprieve from the hot and humid weather. We have a whole host of fun activities to keep everyone busy this month.

We have entertainment from a concert with Steve Taylor to the whimsical group Ukelele Bugs playing their colourful ukelele's.

This month we celebrate Shrove Tuesday on 4th March with pancakes and ST Patricks Day on 17th March with some Irish quiz games, maybe dress up in green on this day. We will also celebrate Harmony Day on 21st March and encourage you to wear orange on this day.

Kind regards

Michelle, Olivia, Brooke, Jodi and Cameron

xxxxx

A Note from Management

Facility Manager Update

Dear Residents and Representatives,

New Accreditation Standards

The new Aged Care Standards are on their way, and we are currently completing an audit to determine how Lakeside will meet the new standards.

Each month, we will provide a general insight into one of the standards for residents and representatives to reflect on.

This month, we look at the core of the new standards, The Person.

Standard 1: The Person

Resident Statement: I am valued and have choice over the life I lead.

Worker Statement: I understand the people I care for and support them in choices that impact their lives.

Standard Outline

This standard underpins how staff should treat residents. This includes understanding that each person is unique and has a different life story.

This understanding leads to a person-centred approach to care and services.

There are 4 outcomes and 21 actions that providers must meet in Standard 1.

This Standard has a stronger focus on: person-centred care, culturally safe care, trauma awareness and healing informed care, decision making and dignity of risk.



A Note from Management

Head Chef Departure

We are sad to report that our Head Chef, Debz Houston, will be leaving us in March 2025. Debz has decided that it is time to travel, see the country and work on the road.

We are excited for Debz and wish her all the best with the next stage of her career.

Debz has made an amazing difference to the food and dining experience at Lakeside and she will be sorely missed.

We are currently interviewing for the Head Chef role and trialling potential candidates in the kitchen. We look forward to reporting once a suitable candidate has been appointed.

New Wing Development

Our consultants and architects continue to work through their fire modelling evaluation. We hope to have this part of the DA finalised within the next fortnight.

Next month, we will outline the features of the development, including number of suites, exciting new facilities for residents, and how the new development will positively affect existing wings at Lakeside.

See you next month.

Tim Cummins
Facility Manager





A word from Mark

A word with Chaplain Mark

Well – goodbye Summer – welcome autumn...leaves falling, weather perhaps a little cooler, and for the footy fanatics, NRL and AFL will shortly be in full swing. All the best to you and your respective teams. I am hoping my team Collingwood does better than last year but I am not overly optimistic!

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

Why is everyone so tired on April 1? Because they've just finished a long, 31 day March.

I'm devastated that I won't be able to celebrate my birthday this March....I was born in May.

I asked my girlfriend when her birthday was. She said "March 1st". So I walked round the room and asked her again.

"No matter what our circumstances, we can find a reason to be thankful." –Dr. David Jeremiah

"It is only with gratitude that life becomes rich!" –Dietrich Bonhoeffer (pastor, executed aged 39, by Nazis in 1945 for opposing Hitler).


Church services for February:

Anglican Monday March 3

Catholic Monday March 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

Last month I wrote briefly on Forgiveness, as the first point of **Four things that matter most (taking the idea from a book by Dr Ira Byock)**. The 4 things are: **'Please forgive me,' 'I forgive you,' 'Thank you,' and 'I love you.'**

This month.....**'Thank you'**

Expressing gratitude by saying, **"Thank You"** to those we love makes positive deposits in everyone's emotional bank. It costs us little to say, but means much to those receiving the thanks.

It feels good to hear a genuine **'thank you'** doesn't it! When I encounter cleaners in shopping centres, I always try to say thank you for their work – just think...some of their work is probably not that pleasant, and people may seldom say thanks. It always brings a smile to their face when I say 'thanks so much for what you are doing'.

And as we, or those who are near and dear to us, get closer to the end of our days on earth, it becomes even more important to express our thanks. Thanks for loving me, for things like a 21st party, a gift, trips to the beach, holidays in the mountains, having fish and chips on Fridays Thanks for those things that were special to you – large or small, that you loved so much.

Maybe it is even time to take a few minutes and express your thanks and appreciation to someone by sending a simple handwritten note or email. It will brighten their day and lift your spirit.

Even if you feel you don't have much to thank someone for, there may be something if you really think about it....for example - I cannot think of much I could thank my father for – but one thing I can recall is when I was about 10, my mum and a friend of hers would go to the wrestling at Sydney Stadium at Rushcutters Bay – and my dad would let me have a small beer with him those nights. Thanks Dad.

There are little memories we each have – and rather than keep them to ourselves – now might be the time to say **'thank you'** to that person who enabled you to have that memory – what are your memories? To whom do you need to say **'thank you'**

I know this is another fairly serious article - if you want to talk with me about it, I would love to have a chat.

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



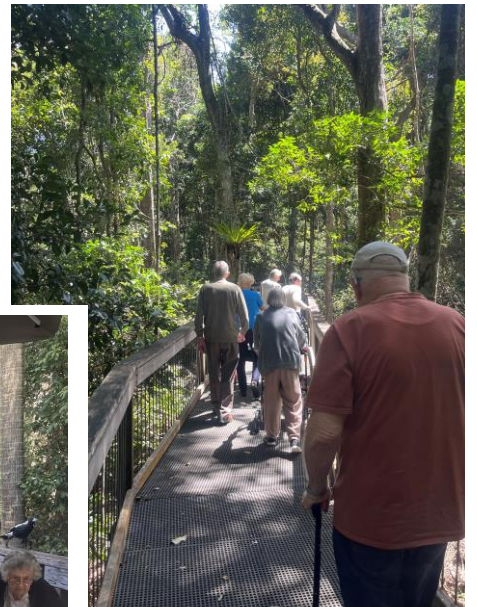
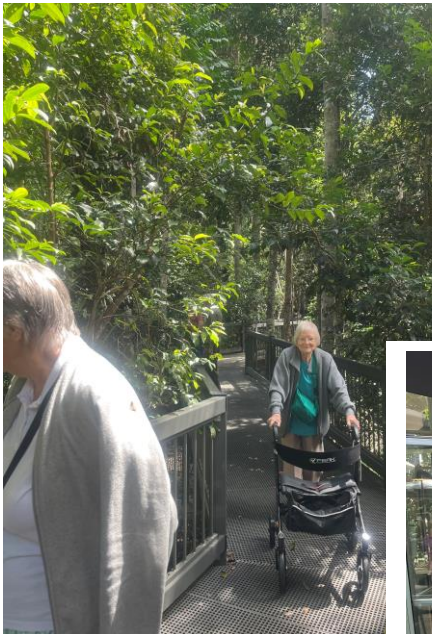
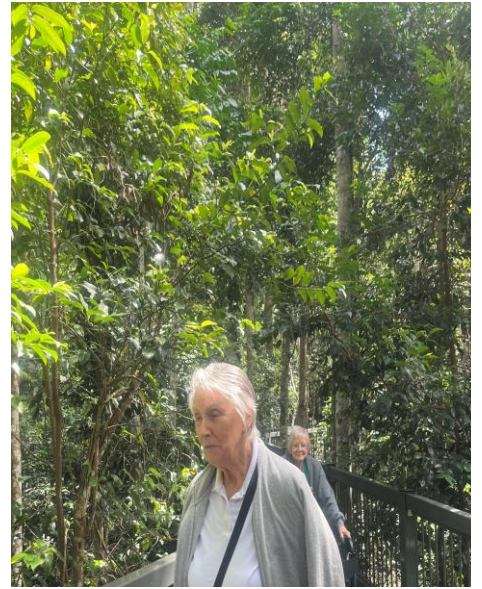
Visit to Sea Acres



Our residents had an amazing trip to Sea Acres Rainforest Centre and Café. Some did the 1.3km Rainforest walk on the Boardwalk and we all met back at the café for a delicious lunch. The peace and tranquillity of the rainforest was a delight for all

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



We are taking a break from gardening due to the summer heat. Just a bit of watering to keep our garden growing.

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 3rd March 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. During March 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

This month on Tuesday 18th March 2025 we are heading to Crescent Head Country Club.

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 Afternoon. 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 do you call a fake diamond in Ireland?

A sham-rock.....



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



Colcannon - Irish Mashed Potatoes Recipe

INGREDIENTS

- 1kg potatoes (amount depends how many people)
- 2 cups of finely cut cabbage or kale
- 1 cup of milk or cream
- 1/4 cup butter
- 2 green onions
- Salt and pepper



Method:

- Boil potatoes in salted water
- Cook the cabbage or kale in butter for 4 to 5 minutes on a low fire until wilted and cooked.
- Mash potatoes with milk or cream and add salt and pepper as needed
- Add cabbage to the mashed potatoes and stir to combine.
- Garnish with green onions
- Serve immediately with sausages or any other meat you have.

Physio Update



Hello from Bron, Drew and Warren,

February has been a busy month for the Allied Health team. Bron has had some time off which has disrupted our Falls Prevention classes a little, however attendance has been wonderful when classes are running.

Bron's Monday classes have been reliving some old songs that really help with balance and coordination. If anyone has any songs that they used to dance to or would like to try, please let Bron know. All dances can be modified so we can use the rails if needed.

Drew's Tuesday and Thursday afternoon class attendance has also increased recently, so it seems many of you are keen to maintain or improve your mobility which is wonderful to see.

Please get in touch with us with any suggestions for activities that you would like to see included in our exercise programs. All ideas are welcome.

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

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.

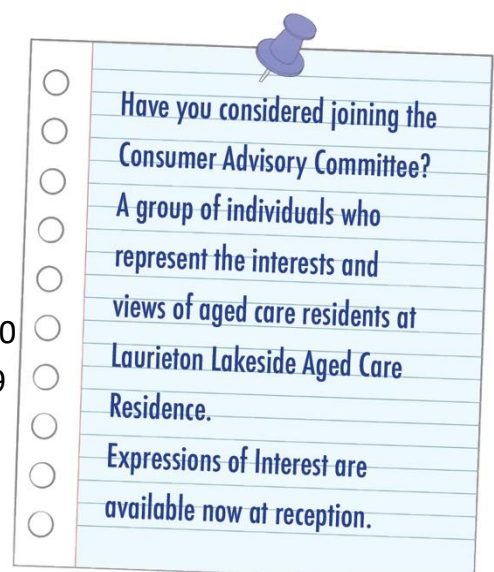
AGED CARE QUALITY AND SAFETY COMMISSION

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.



- 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



SHORT JOKES & ONE-LINERS

Why can't you borrow money from a leprechaun?
Because they're always a little short.

Why don't you iron a 4 leaf clover?
Because you don't want to press your luck.

Did you hear about the Irish pilot that crashed his helicopter?
He got cold so he turned off the fan.

There once was a poet named Blix
whose limericks went to line six.
He never did know
How far they should go,
And never did bother to fix

A girl from the Isle of Wight
Used to travel much faster than light
She set out one day,
In a relative way
And returned on the previous night

Word Search

ST. PATRICK'S DAY



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

Clover

Limericks

Pot

Ireland

Jig

Leprechaun

Rainbow

Green

Lucky

Blarney

Snakes

March

Irish

Celtic

Dance

Emerald

Patrick

Shamrock

Pot Of Gold

Legend