



Laurieton Lakeside
AGED CARE RESIDENCE

LAKE SIDE NEWSREEL

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December 2025

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Lifestyle Team Welcome

As we step into December, we find ourselves reflecting on the journey of another year - the stories shared, the friendships strengthened, and the wisdom gained.

December often brings a sense of closure and renewal, reminding us that every ending opens the door to a fresh beginning.

Around the world, people mark this time with music, lights, and traditions that celebrate togetherness and kindness - universal languages that warm every heart.

Let's take a moment to appreciate life's simple joys and the beautiful connections that make our days brighter.

Warm Regards,

Michelle, Olivia, Jodi & Cam.



December Trivia

Babies born the last month of the year are more likely to live the longest!

Zodiac signs: Sagittarius & Capricorn

Birthstone: Turquoise

Flower: Holly

Quote of the Day

*What lies behind us
and what lies before
us are tiny matters
compared to what
lies within us.*

-- Ralph Waldo Emerson

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,

2025 in Review

In 2025, the Aged Care Industry welcomed the new Aged Care Act and strengthened Aged Care Quality Standards. These changes were the culmination of The Royal Commission into Aged Care Quality and Safety's findings which ended in 2021. The rights-based Aged Care Act places residents at the centre of the Quality Standards and provides clear expectations of providers and aged care workers. Major reform takes time to implement and 2026 provides a new opportunity for the Lakeside team to further improve care and services at the home.

Thank you to all the residents, families, visitors and staff that have been part of Lakeside's journey this year. We are excited by all the new projects coming in 2026 and wish everyone a Merry Christmas and cheerful festive season.

Upcoming Projects in 2026

- Construction of a new 25 bed wing is due to commence in April, with an opening date of February 2027.
- The new wing will include a hairdressing salon, dedicated space for our physio and OT team to run their programs and an allied health room for visiting practitioners and GPs to utilise.
- In conjunction with the new wing's development, shared bedrooms in north and south wing will be downsized to private rooms or 2 bed companion rooms to improve resident comfort. One room will also be converted into a palliative care suite where family members can stay onsite. The existing activities room will also be extended to provide more room for residents to enjoy the Lakeside lifestyles program.
- Development of a new carpark with up to 50 parking spaces.
- The redevelopment of the North/South courtyard to include shaded areas, gardens and pathways.
- Other minor improvements around the facility to improve resident and family experience.

We are excited by next year's plan and look forward to sharing the improvements with our residents, families and visitors.

All the best for Christmas and New Years.

See you in 2026.

T Cummins

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.

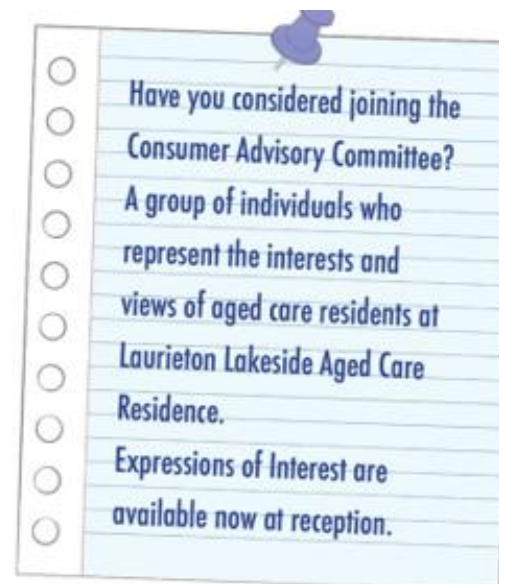
You can also take your concern to
The Aged Care Quality and Safety Commission
or seek the use of an Aged Care Advocacy Service.
Below are a couple of services you may like to use
as your advocate.

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

Well...what can I say but thanks for 2025 – I have loved spending time with many readers of the Newsreel – thank you, you are some of the people who help me to love my work here. ...And Merry Christmas and a happy new year and a good 2026. It's natural for most people to think 'happy' at Christmas and new year....but for some it's tough, and I do not want to gloss over that....more about that on the next page.

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

What does December have that no other month has? **The letter D.**

How does Christmas day end? **With the letter 'Y'!**

What's every **parent's** favourite Christmas Carol? **Silent Night.**

Good news from heaven the angels bring, Glad tidings to the earth they sing: To us this day a child is given, To crown us with the joy of heaven. **Martin Luther**

Joy to the world, the Lord is come, let earth receive her King. **Joy to the World, Isaac Watts**

'She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins.' **Matthew 1:21**

'For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace.' **Isaiah 9:6**

'The best of all gifts, which to us has been given, is Jesus, who died for our sins...and is risen!' **Chuck Swindoll**

Church services for DECEMBER:

Anglican Monday December **1....Carols service!!!**

Catholic Monday December **8...School children visiting - singing!!!**

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

A word with Chaplain Mark

Christmas...Good? Bad? Difficult? Lonely? God / bad memories?

We can have very different thoughts and ideas about Christmas, can't we. For some it is 'the most wonderful time of the year'; for others it is not so good, or maybe even a very sad or difficult time.

I grew up having Christmas presents left at the end of my bed; but not much interaction with my parents. Some people have never had a good, happy Christmas – I am truly sorry if that is you. If Christmas time brings back bad memories, I feel for you. Hopefully Christmas – either a long time ago or even recently has been good, and holds good memories.

No matter our experience, why not try taking a fresh look at Christmas – the real meaning of Christmas!! I mean – not at food, family, gifts, holidays and so on, but at Jesus, who is the real reason for Christmas.

My view of Christmas changed in 1986 – it was then that the True Christmas story hit home in my life. I'd heard about Jesus being born in a stable, about angels, shepherds, Mary and Joseph and all that stuff. But in 1986, it suddenly made sense! It was about Jesus – born, as in the verse on the previous page 'to save people from their sins'.

I had previously left baby Jesus in the manger, but that is not where He stayed... He was born for big things...Look ahead 33 or so years. We see a life perfectly lived, displaying God's power along the way, arrested, tried and crucified – none of which was deserved. Then to top it off he rose from the dead. He knew His mission! I found it interesting that not only the Bible tells about this, but so much of it is confirmed in history books of the time like that by Josephus (who was not a follower of Jesus).

So while Christmas is often focussed on gifts, gatherings, fun – all of which are good - it is not the main point of Christmas. No matter where you are up to in life, I believe that **to know Jesus** is the way to know the REAL JOY of Christmas.

I do hope that all who read this have a beautiful Christmas and a happy new year, and I look forward to seeing many of you prior to Christmas, so I can personally wish you just that. And of course, if you want to discuss any of this stuff with me, that would be great – no matter whether you agree or disagree with me.

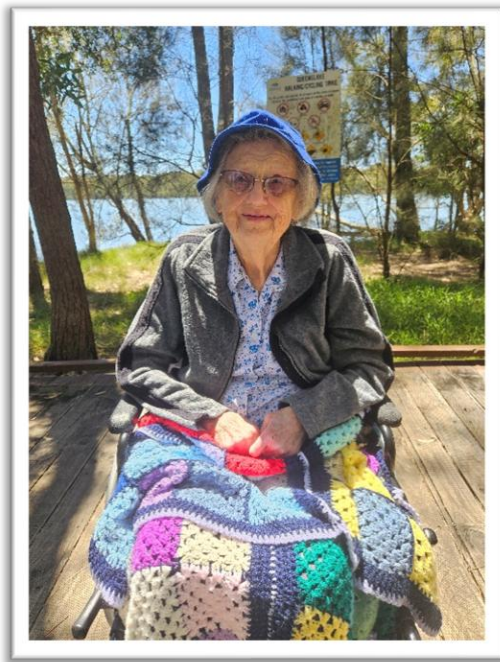
Bye for now – Toodle-oo and God bless you

Chaplain Mark

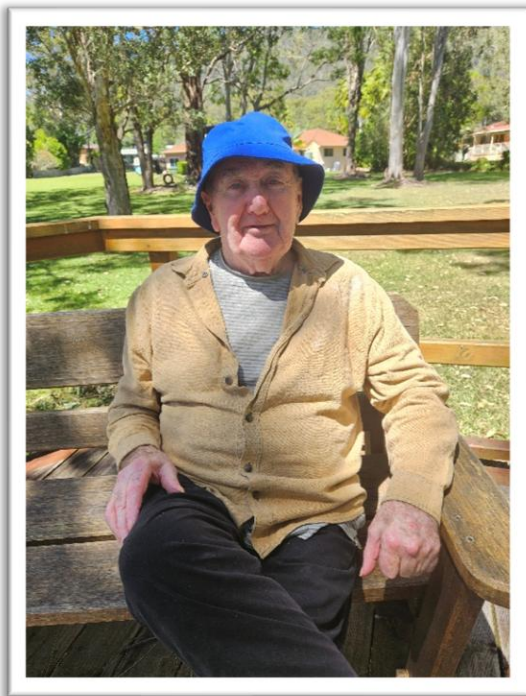
Month in Review

Activity Spotlight – Walking Group

Beryl, Robina and Kerry enjoying time by Queens Lake with our walking group. The weather has been beautiful, and residents have been enjoying spending time outdoors.



Residents, Friends and relatives are welcome to join us for our walking group adventure to Queens Lake. This happens every Wednesday morning leaving from reception at 10:30am, weather permitting.

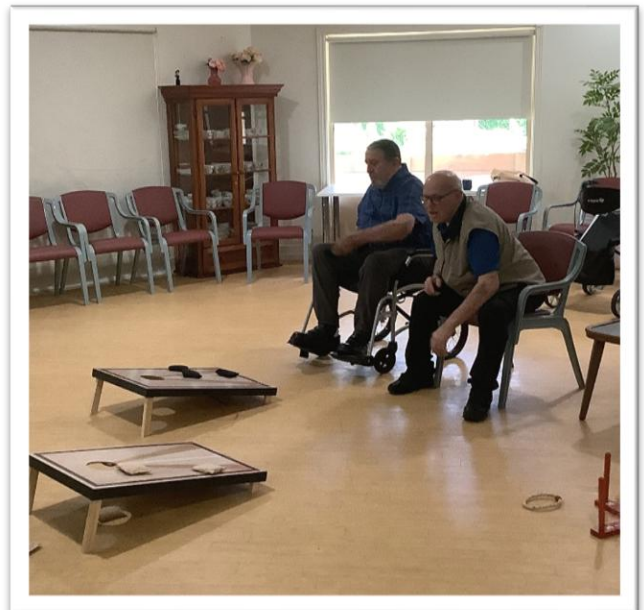


Month in Review



Activity Spotlight – Men's Morning

Every Thursday morning at 9:15am we now have games for all the men in our facility. There is a variety of activities including bag toss, golf putting, coits, darts and archery.



Month in Review



Melbourne Cup day celebrations dress ups!



Beryl, Betty and Jean with handmade fascinators



Our Friday Beginner Bocce group has been fun!



Margaret is our regular helper, setting up for Bingo every Thursday



Thursday morning Bingo is a hit!

Month in Review



All smiles for our Armchair travel to Hawaii



Upcoming Events

Christmas Carols with Sheila

Tuesday 2nd of December 10:30am, Activities Room

Resident's & Representative's Meeting

Monday 15th of December 2:00pm, Recreation Area

Christmas Party

Tuesday 16th of December 10:30am

Men's Shed Choir – Christmas Concert

Tuesday 16th of December 2:00pm, Activities Room

Christmas Carols with Liv and Shell

Tuesday 23rd of December 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 second Thursday at 2pm

Bingo! Every Thursday at 10:30am

Special Days in December

1 st	Summer
3 rd	International Day of Persons with Disabilities
4 th	National Hugging Day
5 th	International Volunteer's Day
10 th	Nobel Prize Day
14 th	Hanukkah Begins
24 th	Christmas Eve
25 th	Christmas
26 th	Boxing Day
31 st	New Year's Eve

Allied Health & Physio Update

Hello from the Allied Health team (OT, Physio and Physio Assistant)

As the Christmas season approaches, Bron, Warren and Drew would like to share some festive cheer and an update for the month of December. This time of year brings a wonderful sense of warmth, community, and celebration, and we are excited to help make the holiday period joyful, comfortable, and meaningful for all our residents.

Throughout December, our normal Exercise and Falls Prevention classes that are designed to support mobility, independence, and wellbeing will still be run accompanied by festive music and outfits. We'd love to see our residents dressed up in bright festive colours as well. Residents who are receiving one-on-one Allied Health services will also continue to be seen.

As 2025 draws to a close, we'd like to reflect a little on the wonderful gains made by many of our residents throughout the year. So many of you have worked hard, consistently attending classes or programs run by the Allied Health team. It was wonderful to hear how much people gain from the classes and programs. Not just in improving or maintaining strength and mobility, but socially, enjoying each other's company, and having a laugh – especially when someone gets a balloon to the face!

As always, if residents or families have any questions or need additional support, please don't hesitate to reach out. We are here to help ensure comfort, safety, and "sparkle" throughout the month.

Wishing all our residents, families, and staff a joyful Christmas and a happy, healthy New Year and stay tuned for our exciting program in the New Year.

Bron, Warren and Drew



December Birthdays

In December, we celebrate birthdays with:

- **Shirley**
- **Kathy**
- **Robina**
- **Ted**
- **Jeffrey**
- **Betty M**
- **Merv**

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



The Birth of Modern Cinema

In December 1895, the Lumière brothers, Auguste and Louis, held the world's first public film screening in Paris. Their short motion pictures - everyday scenes like a train arriving at a station - amazed audiences who had never seen moving images before.

That simple event marked the birth of modern cinema, sparking a global love of storytelling through film. From those flickering black-and-white frames grew an entire art form that continues to entertain, inspire, and connect people everywhere.

Sagittarius (Nov 23 - Dec 21)

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

Capricorn (Dec 22 – Jan 19)

Capricorns are responsible, and disciplined and have good managers

WOW!

Spotlight of the Month: The Wright Brothers' First Flight

In December 1903, Orville and Wilbur Wright made history with the first successful powered flight — just 12 seconds in the air that changed the world. From a humble bicycle workshop, their determination and vision lifted humanity into a new era, proving that great dreams can take flight from the smallest beginnings.

Poem to Share

The Gift of Years

Grace Noll Crowell

Here at the quiet end of day,
I count my blessings one by one;
The laughter, love, and memories made,
The work well done, the battles won.

Though silver crowns my once-dark hair,
My heart still sings a youthful tune;
For every age holds joy to share,
Beneath the same bright, steadfast moon.

So let me greet each dawn anew,
With gratitude that gently cheers -
For life is sweet, and beauty grows
Within the precious gift of years.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

- Colleen
- James
- June
- John
- Don
- Gloria

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.

- **Marlene S**
- **Eric U**

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 1st December 2025

Monday 8th December 2025

Monday 15th December 2025

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 December we celebrate Christmas! Watch your calendar for related activities in the activities room and around the facility.

Noticeboard



KITCHEN CAPERS

In the month of December we start our 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



- What do Santa's little helpers learn at school?..... **The elf-abet**
- What kind of motorbike does Santa ride?**A Holly Davidson**
- What's the best Christmas present?**A broken drum; you just can't beat it!**
- What do you call Santa's little helpers?**Subordinate clauses!**
- What do you call a bankrupt Santa?**Saint Nickel-less**
- What is the best thing to put on a Christmas cake?..... **Your teeth**
- Why did Santa hand his resignation?**Because there was no clause in his contract**
- What did one snowman say to the other snowman?**Do you smell carrots?**
- What does Santa suffer from if he gets stuck in a chimney?**Claustrophobia!**
- How do you know Santa is a man?... **No woman would wear the same outfit year after year!**
- One turkey asks another, "Do you believe in life after Christmas?"
- What does Santa like to do in the garden?**Hoe, hoe, hoe!**
- What is a vegan's favorite Christmas song?**Soy to the World!**
- What do you call an old snowman?**Water**
- What nationality is Santa?**North Polish**
- What do you call a snowman with a six pack?..... **The abdominal snowman!**
- What do you call an obnoxious reindeer?**Rude-olpe**
- What do you call a deer with one eye?.....**No idea**
- What illness would you get if you ate all of the Christmas decorations?..... **Tinselitis**
- What is any parent's favourite Christmas carol?..... **Silent Night**

Laughing Matters



Shopping for a TV

A blonde goes to buy a TV and asks for the manager at the electronics store

She asks “How much is that TV?”

The manager responds “I’m sorry but I don’t sell to blondes”

She gets mad and leaves the store. When she gets home she gets an idea. She decides to dye her hair red and the next day she goes back to the same store.

She asks the manager “How much is that TV?”

Again the manager says “I’m sorry, I don’t sell to blondes”

Confused but angrier still she goes home and dyes her hair black this time and goes back on the third day.

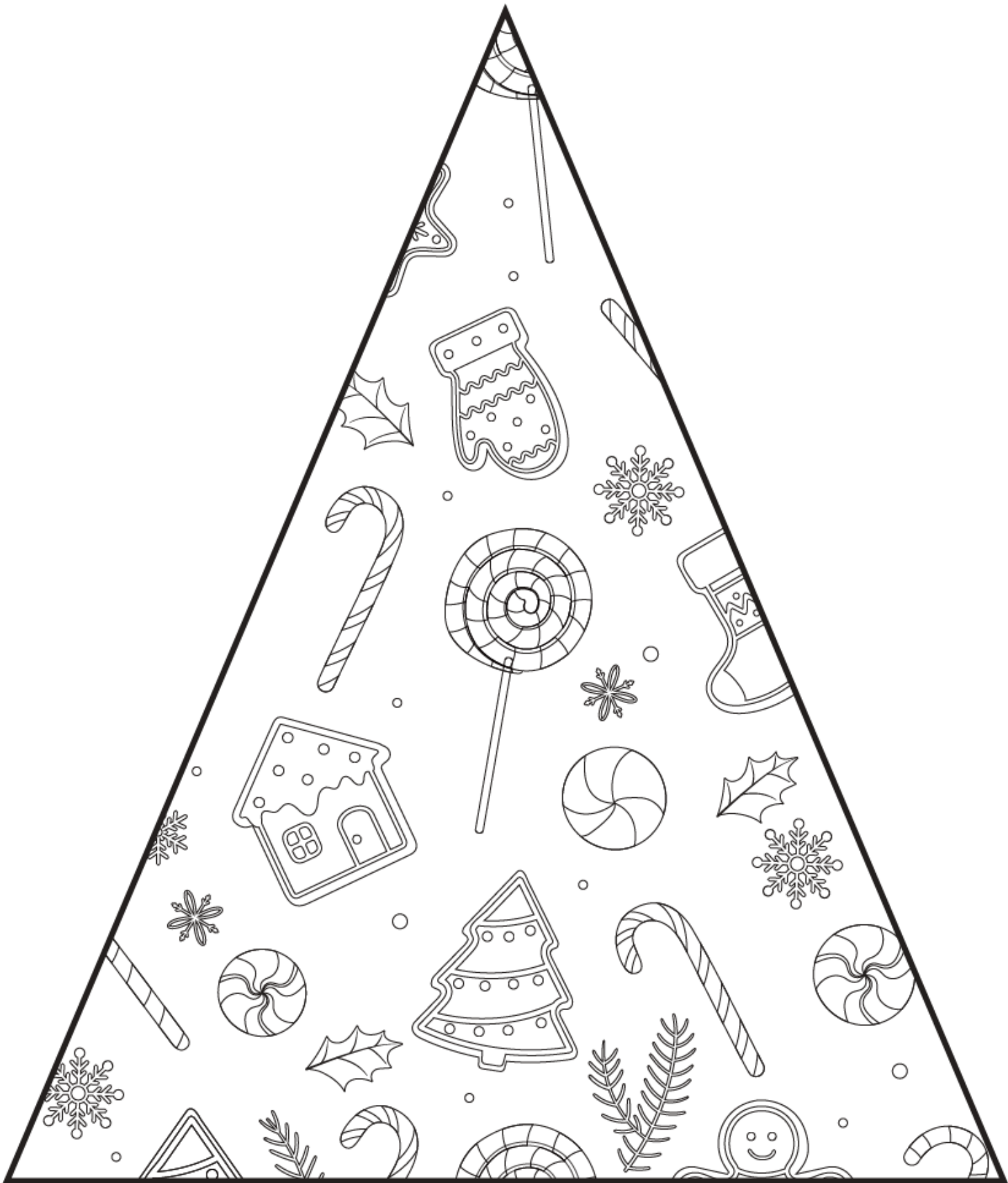
She asks “How much is that TV?”

The manager shakes his head and says “I’m sorry but I don’t sell to blondes”

She says “How do you know I’m a blonde after I dyed my hair?!”

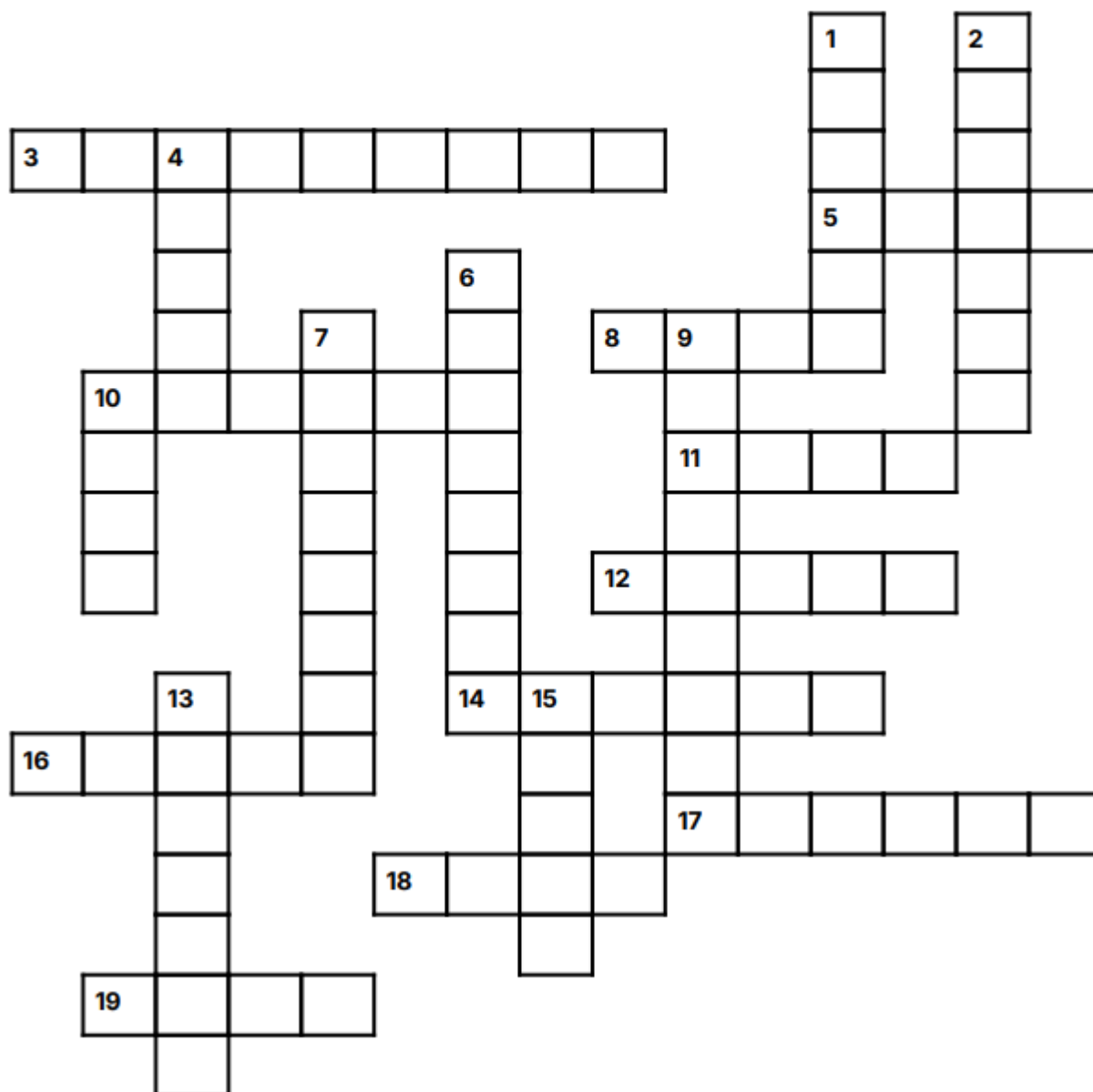
The manager responds “That’s not a TV that’s a microwave”

Christmas Colour-in



Crossword

CHRISTMAS CAROLS CROSSWORD



Across

3. O Little Town of _____ (9)
5. Let it _____! (4)
8. _____ in a Manger (4)
10. Hark The _____ Angels Sing (6)
11. The First _____ (4)
12. Jingle _____ (5)
14. The _____ Days of Christmas (6)
16. _____ of the Bells (5)
17. _____ Night (6)
18. O _____ Night (4)
19. _____ the Halls (4)

Down

1. _____ the Snowman (6)
2. _____ the Red-Nosed Reindeer (7)
4. We _____ Kings (5)
6. It Came Upon A _____ Clear (8)
7. O Come All Ye _____ (8)
9. Good King _____ (9)
10. Do You _____ What I Hear? (4)
13. The Little _____ Boy (7)
15. Joy to the _____ (5)

